

## Easy Bread for Kids

In a bowl put:

1 1/3 cup very warm water

1 1/2 Tablespoon sugar

1/3 cup flour

3/4 Tablespoon dry yeast

Wisk together and let sit until it foams

Then add:

1 1/2 Tablespoon oil

1 teaspoon salt

Wisk

Then add:

1 cup flour and wisk

Then add:

1 cup flour and stir with large spoon

Turn unto table, add 1/2 cup flour and knead.  
Place in oiled pan. Let rise about 20 minutes in warm spot.  
Place in oven and bake at 350 degree temperature for 17-25  
minutes. Depends on your oven. Ask your Mom or Dad for  
help to know when its done. Should be golden brown.

Cool. *Very Cool!*

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## BASIC WHOLE WHEAT BREAD

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<b>4 c. warm water</b>	<b>1 Tbs. salt</b>
<b>2 Tbs. dry yeast</b>	<b>2 Tbs. lecithin (optional)</b> <b>(when using lecithin may</b>
<b>1/3 c. honey</b>	<b>omit oil)</b>
<b>2 c. whole wheat flour</b>	<b>7-7 1/2 c. whole wheat flour</b>
<b>1/4 c. oil</b>	

In large bowl stir together first four ingredients to make sponge. Let bubble in warm place for 15-20 minutes. Stir in oil and salt. Then mix in most of remaining flour until it becomes difficult to stir. Turn dough onto board or counter and knead in remainder of flour. Knead well (up to ten minutes). When texture is correct, dough should be slightly sticky and spring back when lightly pressed. Put back into bowl, cover and let rise in warm place until just about double in size. Punch down and knead briefly in bowl. Cut into three equal pieces. Knead each piece on lightly oiled

board or counter. Shape into loaves and place in LECITHIN-OILED pans. Cover and let rise again in pans in warm place until not quite double in size. Bake at 350° for 40-45 minutes. Remove from pans and allow to cool standing on end or on cooling rack.

**YIELD:** 3 medium loaves (1 1/4-1 1/2#) 8 1/2" x 4 1/2" x 2 1/2"

**Variation:** May replace 1/2 c. whole wheat flour with 1/2 c. soy flour.