

# *HB* THE ART OF BREAD MAKING

## *STANDARD BREAD DOUGH*

- 2 1/2 cups of Warm Water
- 2 cups of whole Wheat Flour
- 2 teaspoons of Salt
- 1/2 cup of Oil
- 1/2 cup of Honey
- 1 tablespoon of Yeast

Add the Water, Flour, Salt, Oil and Honey and mix together. Then mix in the yeast. Add flour until you have a nice dough (4 or 5 cups). Knead and let rise for 30 to 40 minutes in a warm place. Punch down and form into loaves. Place in greased loaf pans and use a fork to poke several holes into dough. Let rise again for about an hour. Bake at 350 degrees for about 30 minutes, or until lightly golden brown.