

No Knead Whole Wheat Bread**Serving Information**

Serves 16

Ingredients

1 ¼ cup nonfat milk, lukewarm (100-110°F)*
 ¼ cup orange or apple juice
 3 Tbsps honey
 1 tsp salt
 1 packet instant yeast**
 2 cups whole wheat flour
 1 ¼ cup all purpose white flour

*Heat cold milk in microwave for 45-60 seconds for lukewarm temperature. Test a drop on the inside of your wrist. It should feel very warm but not hot.

**Instant yeast is also called fast rising, rapid rise, quick rise and bread machine yeast.

Directions

1. Grease the sides and bottom of an 8 1/2 x 4 1/2-inch loaf pan with nonstick spray or spread.
2. Combine the lukewarm nonfat milk, juice, and honey in a large bowl.
3. Add the remaining ingredients. Beat vigorously for 3 minutes. Dough will be very thick.
4. Scoop the dough into prepared pan. Cover the pan with a clean towel. Let the dough rise in a warm place for 45-75 minutes, until almost double. Time varies according to room temperature.
5. When dough is almost doubled, preheat oven to 350°F.
6. Remove towel and bake bread for about 30 minutes. Dough will pull away from sides of pan when bread is done. Let bread cool 30 minutes before slicing.

Options

- Make 2 smaller loaves using half sized loaf pans. Bake for 23-27 minutes.
- Make herb dinner rolls. Mix 4 teaspoons of dried herbs such as oregano, parsley, basil, rosemary, or thyme into the batter. Use muffin tins and bake 15 minutes.
- Make 100% whole wheat bread. Use 3 cups whole wheat flour instead of white and wheat flour and 3 tablespoons molasses instead of honey.

NUTRITION FACTS PER SERVING: 110 calories, 0 g total fat (0 g sat. fat), 0 mg cholesterol, 150 mg sodium, 23 g carbohydrates, 2 g fiber, 5 g sugar, 4 g protein

Recipe compliments of Iowa State University Extension:

Healthy & Homemade Meals 2014 Nutrition & Fitness Calendar



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