

BREAD

Blender White Bread

2 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
140 min	10 min	40 min	6	\$0.31	395 kcal



Blender White Bread takes approximately 2 hours and 20 minutes from beginning to end. This recipe makes 6 servings with 395 calories, 10g of protein, and 11g of fat each. For 31 cents per serving, this recipe covers 13% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ ounce package active dry yeast
- ☐ 3½ cups all-purpose flour, divided
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons white sugar
- ☐ 1 egg
- ☐ 1 cup milk
- ☐ ¼ cup shortening

EQUIPMENT Bowl, Sauce pan, Oven, Blender, Loaf pan

Method

- 1 Combine 1 1/2 cups of the flour and yeast in the container of a blender. Cover and pulse until mixed. Measure the milk, shortening, sugar and salt into a saucepan. Warm over low heat until the shortening is melted.
- 2 Remove from the heat and cool until just barely warm to the touch.
- 3 Pour this into the blender with the flour.
- 4 Add the egg; blend on the lowest setting to mix.
- 5 Pour the blended mixture into a bowl, and stir in enough flour to make a moderately stiff dough. Cover with a towel and let rise until doubled in size, about 45 minutes.
- 6 Punch down the dough and turn out of the bowl onto a lightly floured surface. Grease a 9x5 inch loaf pan while you allow the dough to rest for a few minutes. Shape the dough into a loaf and place into the pan.
- 7 Let rise again until double in size, 30 to 40 minutes.
- 8 Preheat the oven to 375 degrees F (190 degrees C).
- 9 Bake the loaf until deep golden brown, 40 to 45 minutes.

Nutrition per serving

	395 KCAL	10 g PROTEIN	11 g FAT	62 g CARBS
Saturated Fat				3.3 g · 20% of daily needs
Fibre				2.3 g · 9% of daily needs
Sugar				6.2 g · 7% of daily needs
Sodium				416 mg · 18% of daily needs
Cholesterol				32.2 mg · 11% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/blender-white-bread-147190