



Honey-Oatmeal Wheat Bread



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



25

CALORIES



147 kcal

BREAD

Ingredients

- ☐ 0.3 ounce yeast dry
- ☐ 3 cups flour all-purpose divided
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.3 cup honey
- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 cup oats uncooked
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon salt

- ☐ 2 cups water (100° to 110°)
- ☐ 2.5 cups flour whole wheat

Equipment

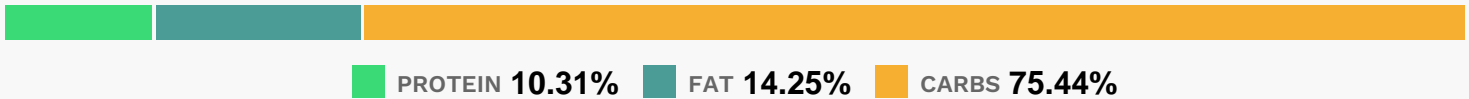
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ loaf pan
- ☐ wooden spoon
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a 2-cup glass measuring cup; let yeast mixture stand 5 minutes.
- ☐ Combine 2 cups all-purpose flour, whole wheat flour, oats, and salt.
- ☐ Beat yeast mixture, 1 cup all-purpose flour, honey, and olive oil at medium speed with a heavy-duty electric stand mixer until well blended. Gradually add whole wheat flour mixture, beating at low speed until a soft dough forms.
- ☐ Turn out dough onto a well-floured surface, and knead 9 minutes, adding additional all-purpose flour (up to 6 tablespoons) as needed. (Dough will be slightly sticky.)
- ☐ Place dough in a large bowl sprayed with cooking spray, turning to grease top of dough.
- ☐ Cover bowl of dough with plastic wrap, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch down dough, and divide in half.
- ☐ Roll each portion into a 13- x 8-inch rectangle on a lightly floured surface.
- ☐ Roll up each dough rectangle, starting at 1 short side, jelly-roll fashion; pinch ends to seal.
- ☐ Place loaves, seam sides down, into 2 (8 1/2- x 4 1/2-inch) loaf pans sprayed with cooking spray.

- ☐ Cover loosely with plastic wrap, and let rise in a warm place (85), free from drafts, 45 minutes or until almost doubled in bulk.
- ☐ Remove and discard plastic wrap.
- ☐ Bake at 350 for 30 to 35 minutes or until loaves sound hollow when tapped and are golden. Cool in pans on wire racks 10 minutes.
- ☐ Remove loaves from pans, and cool on wire racks.
- ☐ Note: If you don't have a heavy-duty electric stand mixer, you may mix dough by hand with a wooden spoon.
- ☐ Cook's Tip: To measure flour, spoon into a dry measuring cup, and then level the top with a knife. Never scoop the measuring cup into the flour--you'll get too much flour, resulting in a dense, thick bread.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:12.27, Inflammation Score:-3, Nutrition Score:6.8595651922667%

Nutrients (% of daily need)

Calories: 147.28kcal (7.36%), Fat: 2.38g (3.66%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 26.21g (9.53%), Sugar: 4.7g (5.23%), Cholesterol: 0mg (0%), Sodium: 281.98mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Manganese: 0.76mg (38.07%), Selenium: 14.53µg (20.75%), Vitamin B1: 0.24mg (15.95%), Folate: 43.76µg (10.94%), Vitamin B3: 1.76mg (8.82%), Fiber: 2.15g (8.59%), Iron: 1.49mg (8.3%), Magnesium: 30.84mg (7.71%), Phosphorus: 76.97mg (7.7%), Vitamin B2: 0.12mg (7.09%), Copper: 0.1mg (5.17%), Vitamin B6: 0.08mg (4.03%), Zinc: 0.59mg (3.91%), Potassium: 112.86mg (3.22%), Vitamin B5: 0.24mg (2.42%), Vitamin E: 0.35mg (2.34%), Calcium: 14.25mg (1.43%), Vitamin K: 1.36µg (1.29%)