

BREAD

Honey-Whole Wheat Bread

4 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.42	318 kcal

Honey-Whole Wheat Bread is a lacto ovo vegetarian recipe with 12 servings. One serving contains 318 calories, 11g of protein, and 5g of fat. For 42 cents per serving, this recipe covers 16% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 9½ ounces cups bread flour (about
- ☐ 2¾ teaspoons package dry yeast (about
- ☐ 3 tablespoons honey
- ☐ ½ cup nonfat dry milk
- ☐ ½ teaspoon sugar
- ☐ 9½ ounces cups whole wheat flour (about
- ☐ 3 tablespoons canola oil
- ☐ 2 cups all-purpose flour (about 9 ounces), divided
- ☐ 2 cups 1% low-fat milk
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons warm water (100° to 110°)

EQUIPMENT Bowl, Sauce pan, Oven, Knife, Whisk, Loaf pan, Measuring cup

Method

- 1

Dissolve sugar and yeast in warm water in a small bowl; let stand 15 minutes.
- 2

Combine 1% milk, dry milk, oil, honey, and salt in a medium, heavy saucepan over medium heat. Cook for 5 minutes or until thoroughly warmed and dry milk dissolves, stirring occasionally.
- 3

Remove from heat; cool to room temperature. Stir yeast mixture into milk mixture.

- 4 Lightly spoon 2 cups all-purpose flour, bread flour, and whole wheat flour into dry measuring cups; level with a knife.
- 5 Place 2 cups all-purpose flour, bread flour, and whole wheat flour in a large bowl; stir with a whisk to combine.
- 6 Add milk mixture to flour mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky).
- 7 Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 55 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 15 minutes. Divide dough in half. Working with one portion of dough at a time (cover remaining dough to prevent drying), roll portion into a 14 x 7-inch rectangle on a lightly floured surface.
- 8 Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- 9 Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray. Repeat with remaining portion of dough. Cover and let rise 30 minutes or until almost doubled in size.
- 10 Preheat oven to 40
- 11 Bake loaves at 400 for 10 minutes. Reduce oven temperature to 325 (do not remove loaves from oven); bake 50 minutes or until loaves are browned on bottom and sound hollow when tapped.
- 12 Remove from pans; cool completely on wire racks.

Nutrition per serving

	318 KCAL	11 g PROTEIN	5 g FAT	58 g CARBS
Saturated Fat				0.7 g · 4% of daily needs
Fibre				3.7 g · 15% of daily needs
Sugar				9.3 g · 10% of daily needs
Sodium				238 mg · 10% of daily needs
Cholesterol				3 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/honey-whole-wheat-bread-147661