



Ingredients

- 2.3 teaspoons yeast dry
- 2.5 cups flour all-purpose
- 3 tablespoons blackstrap molasses
- 1 cup regular oats
- 1.5 teaspoons salt
- 1 tablespoon vegetable oil
- 1 cup warm water (100° to 110°)

Equipment

	bowl
	frying pan
	oven
	knife
	wire rack
	loaf pan
	measuring cup
Di	rections
	Dissolve yeast in warm water in a large bowl.
	Add molasses; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with knife.
	Combine 1 cup flour, oats, oil, and salt.
	Add flour mixture to yeast mixture, stirring to form a soft dough. Gradually add remaining flour.
	Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 2 minutes).
	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, 35 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
	Punch dough down; place on a lightly floured surface. Knead about 10 times; roll into a 12 x 7-inch rectangle.
	Roll up rectangle tightly, starting with a short side, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
	Place roll, seam side down, in an 8 x 4-inch loaf pan coated with cooking spray. Cover; let rise 35 minutes or until doubled in size.
	Preheat oven to 37
	Uncover dough.
	Bake at 375 for 35 minutes or until loaf is browned and sounds hollow when tapped.
	Remove from pan; cool on a wire rack.

Nutrition Facts

Properties

Glycemic Index:11.36, Glycemic Load:15.07, Inflammation Score:-3, Nutrition Score:5.5378260720197%

Nutrients (% of daily need)

Calories: 125.84kcal (6.29%), Fat: 1.61g (2.48%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 23.04g (8.38%), Sugar: 3.32g (3.69%), Cholesterol: Omg (0%), Sodium: 252.64mg (10.98%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.27g (6.54%), Manganese: 0.43mg (21.51%), Vitamin B1: 0.26mg (17.24%), Selenium: 10.04µg (14.35%), Folate: 54.4µg (13.6%), Iron: 1.5mg (8.32%), Vitamin B2: 0.14mg (8.2%), Vitamin B3: 1.62mg (8.12%), Magnesium: 23.72mg (5.93%), Fiber: 1.32g (5.29%), Phosphorus: 52.37mg (5.24%), Copper: 0.08mg (4.04%), Potassium: 112.25mg (3.21%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.26mg (2.65%), Vitamin B6: 0.05mg (2.59%), Vitamin K: 1.97µg (1.88%), Calcium: 15.96mg (1.6%)