



## Oatmeal-Raisin Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



236 kcal

### Ingredients

- ☐ 2 tablespoons barley flour
- ☐ 3.8 cups bread flour divided
- ☐ 1 teaspoon cider vinegar
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 0.5 cup oat flour
- ☐ 0.5 cup regular oats
- ☐ 1 cup raisins

- ☐ 2 teaspoons salt
- ☐ 0.8 cup water boiling
- ☐ 1 cup warm water (100° to 110°)

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

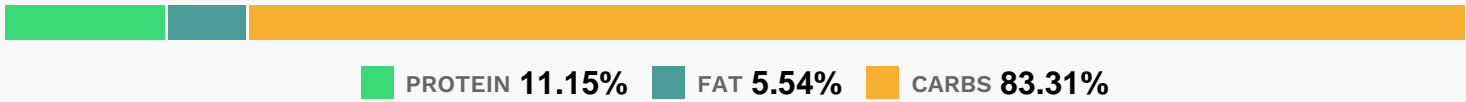
## Directions

- ☐ Lightly spoon bread and oat flours into dry measuring cups; level with a knife.
- ☐ Combine 3/4 cup bread flour, warm water, and yeast in a large bowl; stir well with a whisk. Cover and let stand at room temperature 1 hour.
- ☐ Combine oats and boiling water in a small bowl. Stir in raisins, honey, and cinnamon; cool. Set aside.
- ☐ Add 2 1/2 cups bread flour, oat flour, barley flour, salt, and vinegar to yeast mixture.
- ☐ Add oatmeal mixture; stir until a soft dough forms (dough will feel tacky). Turn dough out onto a lightly floured surface. Knead dough until smooth and elastic (about 10 minutes); add enough of remaining bread flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Shape into 2 (9-inch) oval loaves. Make 3 parallel cuts 1/4-inch-deep across tops of loaves using a sharp knife.
- ☐ Place loaves on a baking sheet coated with cooking spray. Spray tops with cooking spray. Cover and let rise in a warm place (85), free from drafts, 30 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Preheat oven to 37
- ☐ Uncover dough.
- ☐ Bake at 375 for 30 minutes or until the loaves sound hollow when tapped.

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Remove from baking sheet; cool on a wire rack.

# Nutrition Facts



## Properties

Glycemic Index:28.28, Glycemic Load:27.7, Inflammation Score:-2, Nutrition Score:6.7713043170617%

## Nutrients (% of daily need)

Calories: 236.44kcal (11.82%), Fat: 1.47g (2.27%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 46.97g (17.08%), Sugar: 4.53g (5.03%), Cholesterol: 0mg (0%), Sodium: 395.26mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.35%), Manganese: 0.71mg (35.67%), Selenium: 19.28µg (27.54%), Fiber: 2.89g (11.54%), Vitamin B1: 0.17mg (11.22%), Phosphorus: 94.71mg (9.47%), Copper: 0.16mg (8.08%), Folate: 29.89µg (7.47%), Magnesium: 28.46mg (7.12%), Iron: 1.12mg (6.22%), Potassium: 186.19mg (5.32%), Vitamin B3: 1.03mg (5.17%), Vitamin B2: 0.09mg (5.01%), Zinc: 0.75mg (5%), Vitamin B6: 0.07mg (3.33%), Vitamin B5: 0.31mg (3.11%), Calcium: 17.17mg (1.72%), Vitamin E: 0.22mg (1.48%)