

HONEY WHEATBERY BREAD

INGREDIENTS:

SPONGE:

| | |
|-----------------|----------|
| ❖ Cracked Wheat | 5 Cups |
| ❖ Honey | ¾ Cup |
| ❖ Raisin juice* | 4 Oz. |
| ❖ Water 90° | 3 ⅓ Cups |

DOUGH:

| | |
|----------------------|----------|
| ❖ Flour (hard wheat) | 8 cups |
| ❖ Yeast | 6 TBSP |
| ❖ Salt | 3 ¼ TBSP |
| ❖ Butter | 4 Oz. |
| ❖ Yeast food** | ¼ tsp |
| ❖ Water | ½ Cup |

NOTES:

*Prune Juice can be used in place of raisin juice.

**Sugar can be used in place of Yeast food.

METHOD:

1. Mix Soaker with dough hook 10 Minutes let soak 4 – 10 hours.
2. Add dough ingredients to soaker mix 1 minute on low speed 10 minutes on medium speed.
3. Remove bowl from mixer form dough into ball and leave covered in bowl allow to rise to nearly double in bulk.
4. Divide into balls of equal size and allow to rest 15 – 20 minutes.
5. Form into loaves and place in well greased backing pans allow to raise to double in bulk.
6. Bake 30 minutes in a preheated oven at 375 degrees.
7. Roll out of baking pans and grease entire loaf – allow to cool completely before wrapping

Nutrition Facts

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|-----------------------------|---------------------|
| Serving Size: 1 slice (24g) | |
| Amount Per Serving | |
| Calories 75 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 1.02 g | 2% |
| Saturated Fat 0.54 g | 1% |
| Trans Fat | |
| Cholesterol 0 mg | 0% |
| Sodium 146.64 mg | 6% |
| Potassium 53.92 mg | 2% |
| Total Carbohydrate 13.38 g | 4% |
| Dietary Fiber 1.12 g | 3% |
| Sugar 1.54 g | |
| Sugar Alcohols | |
| Protein 3.11 g | |
| Vitamin A 0.00 | 0% |
| Vitamin C 0.05 mg | 0% |
| Calcium 39.6 mg | 4% |
| Iron 0.08 mg | 5% |

