

# Whole Wheat Bread (Wheat & White Flour)

## Ingredients:

- 1 cup freshly ground whole wheat flour
- 1 1/2 cups all-purpose flour (or bread flour if available)
- 1 packet (2 1/4 tsp) active dry yeast
- 1 cup warm water (about 110°F or 43°C)
- 2 tablespoons honey (or sugar)
- 1 tablespoon vegetable oil (or melted butter)
- 1 teaspoon salt

## Instructions:

In a small bowl, combine the warm water and honey (or sugar). Sprinkle the yeast over the water and let it sit for about 5 minutes until it becomes frothy.

In a large mixing bowl, combine the freshly ground whole wheat flour, all-purpose flour, and salt. Add the yeast mixture and vegetable oil (or melted butter) to the dry ingredients. Mix everything together until a dough forms.

Turn the dough out onto a lightly floured surface and knead it for about 5-7 minutes, or until the dough becomes smooth and elastic.

Place the dough in a greased bowl and cover it with a clean kitchen towel. Allow it to rise in a warm, draft-free place for about 1 to 1 1/2 hours, or until it has doubled in size.

Preheat your oven to 375°F (190°C) while the dough is rising.

Once the dough has risen, punch it down gently to release any air bubbles. Shape the dough into a loaf and place it into a greased 8x4-inch loaf pan.

Cover the pan with a kitchen towel and let the dough rise for another 30 minutes.

Bake the bread in the preheated oven for about 25-30 minutes, or until the top is golden brown, and the bread sounds hollow when tapped. Remove the bread from the oven and let it cool in the pan for a few minutes before transferring it to a wire rack to cool completely.

Once the Whole Wheat Bread has cooled down, you can slice it and enjoy the hearty, nutty flavor of freshly ground whole wheat flour. This bread is perfect for sandwiches, toast, or served alongside soups and salads. Store any leftovers in an airtight container to keep it fresh for longer. Happy baking!