

Whole Wheat Bread

(Recipe makes two loaves or a tray of rolls)

In a measuring cup, first combine:

- ½ cup luke warm water
- 2 tsp. active baking yeast
- 1 tsp. maple syrup

Let sit for 5 minutes to activate yeast.

In a large mixing bowl, combine:

- ½ cup whole wheat flour
- 1 cup regular rolled oats
- 2 tsp. sea salt
- ¼ cup olive oil
- 2 TBS. maple syrup
- 1 ½ cup luke warm water

In a smaller mixing bowl, combine:

- 2 cups stone-ground whole wheat flour
- 2 cups all-purpose flour

- Preheat oven to 350
- Add yeast mixture to the ingredients in the large mixing bowl and fold in the 4 cups of flour.
- Mix until well incorporated, adding a bit more flour or water if necessary (depending on the humidity of your kitchen).
- Knead into one loaf and continue kneading for five minutes.
- Sprinkle with flour, cover with a damp cloth, and let rise for 30 minutes.
- Knead again for a couple of minutes, pull to separate into two loaves or into smaller rolls, and shape. Place onto parchment paper on a baking tray.
- Cover with a cloth and let rest again for up to 30 minutes.
- Bake for 30 minutes, then turn and bake 5 more minutes if needed.

This is a very forgivable recipe. Rising times and kneading times can vary quite a bit without affecting the yumminess of the bread. When placing your shaped loaves or rolls on the tray, keep in mind that quite a bit of rising will happen, so remember to give them enough space to do their thing!

