

Bread-in-a-Bag

Ingredients:

- 1 cup all purpose flour
- 2 cups whole wheat flour
- 1 package rapid rise yeast
- 2 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup very warm water (125 - 130 F)
- 1 tablespoon vegetable oil

Instructions:

1. In a large, heavy zip-top bag, add 1 cup all purpose flour, yeast, sugar, nonfat dry milk, and salt. Seal the bag and shake and squeeze it to blend ingredients.
2. Open the bag and add the water and oil. Reseal and continue to mix by shaking and squeezing the bag.
3. Open the bag and add enough whole-wheat flour to make a stiff dough (may not need all of the 2 cups).
4. Squeeze air from bag and reseal it. Continue squeezing until bag pulls away from dough.

At Home:

1. Remove dough from bag and place on lightly floured surface. Knead dough 5 minutes or until smooth and elastic. Cover dough with clean towel and let rest for 10 minutes.
2. Shape dough and place in a greased 8x5-inch loaf pan or on cookie sheet. Cover with a clean towel; let rise in a warm place until double, about 1 hour.
3. Preheat oven to 400 F. Bake 30 to 35 minutes or until bread sounds hollow when tapped. Remove bread from pan and let cool on a wire rack.

Optional: If you don't have dry milk, use 1 cup of heated fat-free milk instead of the water.

Yield: about 12 servings

Source: Adapted from *Cooking Up Fun! Yeast Breads*, Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University, 2000.

| Nutrition Facts | | | |
|---|--------------|-------------------|-----|
| Serving Size: 1 slice (56g) | | | |
| Servings Per Recipe 12 | | | |
| Amount Per Serving | | | |
| Calories | 130 | Calories from Fat | 15 |
| % Daily Value * | | | |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 200mg | | 8% |
| Total Carbohydrate | 25g | | 8% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 3g | | |
| Protein | 5g | | |
| Vitamin A | 0% | Vitamin C | 2% |
| Calcium | 2% | Iron | 8% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | | |
| 12% calories from fat | | | |

