

Whole Wheat Blend Bread

- 2 ½ cups warm water
- ⅓ cup oil, I use coconut oil
- ⅓ cup honey
- 4 cups of all purpose flour
- 4 cups of whole wheat flour
- 2 Tablespoons instant yeast
- 2 ½ teaspoons sea salt

Instructions:

1. Combine both flours in a large bowl
2. Combine water, oil, honey, and 2 cups of blended flower in a large mixing bowl. stir or mix with an electric mixer.
3. Sprinkle the yeast on top, stir/mix again.
4. Allow the sponge to sit for 15 minutes.
5. Add the salt and 4-6 cups of flour intul dough begins to pull from sides of the bowl. Be careful not to add too much flour or it will be dry.
6. Knead the dough by hand for 8-10 minutes, or use a dough hook in your mixer for 4-5 minutes. If dough is too wet, add flour a small amount at a time.
7. Form the dough into 2 loaves and put into well-greased bread pans.
8. Allow the bread to rise in a warm oven for warm place until doubled in size, about an hour.
9. Bake the loaves for 25-30 minutes in a 350 degree oven.
10. Let the loaves cool completely before slicing.

Baking bread can vary depending on where you live. Here in Florida our humidity plays a role in moisture. Play with the recipe to get it to work for your region.