

SARAH'S BEST WHOLE WHEAT BREAD

Stir together and let work about five minutes;

- 1 1/3 cup hot water
- 2 TB raw honey
- 4 TB yeast

In a large mixing bowl, blend together;

- 4 cups hot water
- 1/2 cup olive oil
- 1/2 cup raw honey

Then blend in;

- 1/2 cup whey powder – available at health food store
- 1 tsp vitamin C crystals – available at health food store
- 1 TB sea salt
- 6 cups whole wheat flour

Then blend in;

- yeast mixture
- 6 to 7 cups whole wheat flour (until flour cleans the sides of the bowl)

Mix 10 minutes at the second speed setting with a Bosch mixer and dough hook or knead 20 minutes by hand.

Roll and put dough in pans. Let rise on top of the oven for 25 minutes covered with a hot damp towel. Set the oven for 365 degrees.

Bake at 365 degrees for 20-25 minutes. Remove from oven and brush tops with butter or oil.

This recipe will make 6 small one-pound loaves or 3 large two-pound loaves. It can also be used for cinnamon rolls, dinner rolls, pizza dough and bread sticks.

For your convenience, we carry the [Bosch Universal Mixer](#) and the [Nutrimill wheat grinder](#). Check it out on our web site.

"He has brought us to this place, and has given us this land, a land flowing with milk and honey." Deut 26:9

