



# 100% Whole Wheat Bread

## Ingredients

- 1 1/4 cups lukewarm water
- 2 tablespoons olive oil or vegetable oil
- 1/4 cup honey or 1/4 cup maple syrup
- 3 1/2 cups white whole wheat flour
- 1 tablespoon vital wheat gluten, optional; for higher rise
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons instant yeast

## Instructions

- Measure your flour by gently spooning it into a cup, then sweeping off any excess.
- To make bread in a bread machine: Put all of the ingredients into the bread pan in the order listed. Program for a medium size loaf and whole wheat bread (if you do not have a whole wheat setting, choose basic white), and press Start.
- Remove the bread from the machine when it's done. Turn it out of the pan onto a rack to cool.
- To make bread by hand: Mix all of the ingredients in a large bowl, or in the bowl of a stand mixer.
- Knead the dough until it's smooth and just slightly tacky, about 8 to 10 minutes. Place the dough in a greased bowl, cover, and let it rise until doubled in volume, about 1 to 1 1/2 hours.
- Gently deflate the dough and shape it to fit a greased 8 1/2" x 4 1/2" loaf pan. Let it rise, covered, until doubled, about 1 to 1 1/2 hours.
- Bake the bread in a preheated 375°F oven for 35 minutes, or until a digital thermometer inserted in the center of the loaf reads 190°F. Remove the bread from the oven, remove it from the pan and cool it on a rack.