



Bread Bake-a-long

SUNDAY, MAY 30 AT 10:30AM ~ HOSTED BY ANAIAH PEÑA

ingredients

- 8 Cups of flour (whole-grain, organic or non-gmo flour is ideal. Yet choose what you enjoy)
- 2 packets (1/4 oz each) active dry yeast
- 4 Tablespoons local honey or other sweetener
- 1 Tablespoon salt
- 1 Tablespoon of Earth Balance butter (sticks if available) OR Olive Oil is fine

tools needed

- A mixing bowl that can go in the oven
- 1 clean kitchen towel
- Rolling pin, if wanted
- Rubber spatula
- Clean counter surface to roll bread on
- Measuring cups
- Measuring spoons
- Optional butter knife

optional variations

- For a multi-grain or oat bread: 1 cup of a different whole-grain flour like oat flour, multi-grain flour, buckwheat, spelt, etc.
- For Seeded Bread: sesame seeds, poppy seeds, oats to top with, etc
- For Herbed Bread: Dill, Italian Seasoning, Rosemary, etc
- For Garlic Bread: Freshly crushed garlic, Italian seasoning. (Rosemary & Garlic is also a great combo!)
- For Sweet Bread: Raisins, cinnamon, maple syrup or a sprinkle of brown sugar

QUESTIONS? EMAIL HEALTH.HOPE@WATERFORDSDACHURCH.COM