

Light Whole Wheat Bread (for Bread Machine)

Add all ingredients to Bread Pan in the order given. Follow your bread machine instructions for baking time (use time for whole wheat bread).

Makes a 1-1/2 lb. loaf:

1-1/4 cups warm water
1 tablespoon vegetable oil
2 tablespoons honey
1/2 teaspoon salt
1-1/2 cups whole-wheat flour
1 cup bread flour
1/4 cup gluten
1-1/2 teaspoons active dry yeast

Makes a 2 lb. loaf:

1-1/2 cups warm water
1 tablespoon vegetable oil
3 tablespoons honey
1/2 teaspoon salt
2-1/4 cups whole-wheat flour
1-1/4 cups bread flour
1/3 cup gluten
2 teaspoons active dry yeast

Source: *Healthy Bread Recipes* by Salton/MAXIM Housewares, Inc.

Comments: We have found that good, fresh bread is hard to find in many remote areas of British Columbia and Alaska, so a few years ago we added a bread machine to our onboard galley equipment. We decided on a Breadman Ultimate machine, and have been happy with that choice. For this recipe, I usually bake the 1-1/2 lb. loaf. Using rapid rise yeast, cooking time on my Breadman machine is a little over 2 hours. We use our bread machine while connected to shore power or when we're running the genset. This bread has consistently risen nicely, is easy to slice, and has a pleasant consistency and taste. Even worked for sandwiches!