

## **Honey Whole Wheat Bread:**

**1 cup warm (110 degrees) water or milk**  
**4 cups whole wheat flour (divided)**  
**1 tsp. instant yeast**  
**3/4 cup milk or water (room temperature)**  
**2 tbs. butter, softened**  
**2 tbs. honey**  
**1 tsp. salt**

In a large bowl, mix warm milk, one cup flour and yeast. Mix in milk, butter, honey, salt and another cup of flour; stir well to combine. Add another cup of flour and mix until dough holds together. Spread some flour on a clean counter and turn the dough out of the bowl onto the counter. Knead the dough by folding one end over the other, giving it a quarter turn and repeating. Add enough flour to keep the dough from sticking but do not make the dough too stiff or it will not rise. Knead the dough for about 3-5 minutes or until it is mostly smooth and stretches slightly when pulled. Put the dough back in the bowl, grease the top with a little oil to keep a crust from forming, place in a warm place and let rise for 2-3 hours or until noticeably larger in size. The dough does not have to be doubled to rise properly. When the dough has risen, grease a cookie sheet or bread pan. Place the bread in pan or shape into desired shape on cookie sheet, cover and let rise another 1-2 hours. Place the bread in the oven, turn the oven to 375 degrees and bake until the crust is browned and the sides and bottom of the loaf have a crust. Brush top with butter when bread is done if desired. Cool before slicing.