



A Tasty and Nutritious Recipe to Make Bread at Home for Breakfast

Description

Ingredients:

- 2 cups of whole wheat flour
- 1 cup of oatmeal
- 1 tablespoon of dried yeast
- 1 teaspoon of salt
- 2 tablespoons of honey or maple syrup
- 1 tablespoon of olive oil
- 1 and 1/4 cups of lukewarm water
- You can add seeds or nuts on top, like sunflower seeds, flaxseeds, or chopped walnuts.

PREPARATION:

1. Make the Yeast Mixture: In a small bowl, mix the yeast with warm water and a teaspoon of honey or maple syrup until it dissolves. Leave it for approximately 5 to 10 minutes, or until it gets foamy. This step is very important because it makes the yeast start working.
2. Combine the dry ingredients: In a big bowl, mix whole wheat flour, oats, and salt. Stir thoroughly.
3. Mix the ingredients together: Combine the yeast mixture, the rest of the honey or syrup, and olive oil with the dry ingredients. Mix until a dough starts to come together. It should be a little sticky but easy to handle.
4. Work the dough: Place the dough on a surface with flour and work it for around 10 minutes. If the dough is too wet, put in some extra flour. Kneading helps make the bread dough stretchy, which will make your bread have a good texture.
5. First step: Put the dough in a bowl with some grease, cover it with a wet cloth, and leave it in a warm spot for around an hour or until it grows to twice its size.
6. Form the dough into a loaf after punching it down. Put it in a greased baking pan and allow it to rise for another 30 minutes.
7. Bake: Heat your oven to 375°F (190°C) before using. If you want, you can add seeds or nuts on top of the bread. Bake for around 30 minutes or until the top turns golden brown and the

bread sounds hollow when you tap it.

8. Let the bread cool down before cutting it. Enjoy a piece of bread with your favorite spread or topping.
9. This bread is a great way to begin your day. It is not only delicious but also good for you, giving you lasting energy and nutrients. Have fun while making it and enjoy the tasty outcome!

Enjoy !

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