

100% Whole Wheat Bread

Ingredients:

- 1 cup freshly ground whole wheat flour
- 1 packet (2 1/4 tsp) active dry yeast
- 1 cup warm water (about 110°F or 43°C)
- 2 tablespoons honey (or molasses for a deeper flavor)
- 1 tablespoon vegetable oil (or melted butter)
- 1 teaspoon salt

Instructions:

In a small bowl, combine the warm water and honey. Sprinkle the yeast over the water and let it sit for about 5 minutes until it becomes frothy.

In a large mixing bowl, combine the freshly ground whole wheat flour and salt. Add the yeast mixture and vegetable oil (or melted butter) to the dry ingredients. Mix everything together until a sticky dough forms.

Turn the dough out onto a lightly floured surface or a clean, smooth countertop. Knead the dough for about 8-10 minutes until it becomes smooth and elastic. You may need to sprinkle a little extra flour to prevent sticking, but try not to add too much.

Place the dough in a greased bowl and cover it with a clean kitchen towel. Allow it to rise in a warm, draft-free place for about 1 to 1 1/2 hours, or until it has doubled in size.

Preheat your oven to 375°F (190°C) while the dough is rising.

Once the dough has risen, punch it down gently to release any air bubbles. Shape the dough into a loaf and place it into a greased 8x4-inch loaf pan. Cover the pan with a kitchen towel and let the dough rise for another 30 minutes.

Bake the bread in the preheated oven for about 30-35 minutes, or until the top is golden brown, and the bread sounds hollow when tapped.

Remove the bread from the oven and let it cool in the pan for a few minutes before transferring it to a wire rack to cool completely.

Now you have a 100% Whole Wheat Bread made with freshly ground whole wheat flour. This bread will have a rich, nutty flavor and a hearty texture. It's perfect for those who prefer the natural goodness of whole grains without any added white flour. Store any leftovers in an airtight container to keep them fresh. Happy baking!