WIN (Wellness IN) the Home: Bread in a Bag

Ingredients

1 to 1 ½ cups all-purpose flour

1 package rapid rise yeast

3 Tablespoons sugar

3 Tablespoons non-fat powdered milk

1 teaspoon salt

1 cup hot water (125-130° Fahrenheit)

3 Tablespoons vegetable oil

1 ½ cups whole wheat flour

½ cup oatmeal

Supplies

Thermometer

Heavy-duty freezer bags with zipper-style closure (1-gallon size)

Greased baking sheets or greased mini-loaf pans

Measuring cups and spoon

Directions

1. Wash hands thoroughly with warm water and soap.

2. Combine 1 cup all-purpose flour, undissolved yeast, sugar, powdered milk, and salt in freezer bag. Squeeze the upper part of the bag to force out air. Seal the bag. Shake and work the bag with your fingers to blend the ingredients.

3. Add hot water and oil to the dry ingredients. Reseal the bag. Mix by working the bag with your fingers. Add whole-wheat flour; reseal the bag and mix the ingredients thoroughly. Add oatmeal; reseal the bag and mix thoroughly.

4. Gradually add enough all-purpose flour to make a stiff dough that pulls away from the bag.

5. On a floured surface, knead the dough for 2 to 4 minutes, or until it is smooth and elastic. Pull off pieces of dough and roll them into bread sticks (approximately ¾" thick, 6-8" long). Place on greased baking sheet. Bread sticks can be twisted, shaped as pretzels or letters, or left straight. As another option, dough can be shaped into small loaves and placed in greased mini-loaf pans.

6. Bake at 375° F. for 15 minutes or until brown. Makes 12 rolls.

Nutrient analysis per serving: Calories, 167; carbohydrate, 28.3 gm; protein, 5 gm; total fat, 4.2 gm; saturated fat, .4 gm; trans fat 0 gm; cholesterol, 0 mg; fiber, 2.9 gm; total sugars, 3 gm; sodium, 202.4mg; calcium, 24.4mg; folate, 38 mcg; iron, 1.6mg; percent calories from fat, 22.5%.