

15-Minute Poood-Free Bread

What you need:

→ Fluffy + Light

By Michaelleen Doucietff

1. Bread machine
2. Yeast (Baker's) (1 1/4 t.)
3. Honey (2T)
4. Salt (1-2 t.)
5. Oil (I use olive oil) (2T)
6. Whole wheat flour

On! and
water!

↳ 3.5 cups

↳ 1.5 cups

Directions:

1. Warm 1 1/2 cups of water in the microwave so it's not hot to touch but quite warm. Like a hot bath.
2. Add water to bread pan. Add 2T of honey and 1 1/4 t. of yeast to water. Mix well. Let stand for 10 minutes (That's ten minutes.) Until it smells like alcohol and it's foamy on top.
3. Add salt, flour + oil. Mix well. I first use a spatula and then my hands. So it forms a dough.
3.5 cups

4. Use the "whole wheat" setting on the machine. But -- this is key -- let the dough sit in the machine for at least 4 hours before it starts the program. Room temperature is great.

For our machine, we just program a 4-hour delay into the program.

NOTE :: I've used up to a 8 or 9 hour delay and it still works.

- you can use $\frac{1}{2}$ c. of oat flour or $\frac{1}{2}$ c. of barley flour but reduce whole wheat to 3 cups.

Bread will be a bit ~~more~~ denser.

- Swap out $\frac{1}{2}$ c. of flour for KAMUT whole wheat (yummy!)