

100% WHOLE WHEAT BREAD

2 cups very warm, not hot, water (100-110 degrees)

2 packages active dry yeast

6 cups whole-wheat flour

2 teaspoons salt

1/4 cup honey

1/4 cup oil

1 Tablespoon liquid lecithin (optional, acts as a natural preservative)

1 Tablespoon wheat gluten (optional, allows for lighter bread with shorter proofing time)

Dissolve yeast in warm water and let stand for five minutes until foamy. Combine flour, salt, honey, oil and lecithin. Add yeast water and mix thoroughly. Knead by hand or with dough hook for 8-10 minutes until dough is smooth and elastic.

Cover and let rise in a warm place until about double in size. Punch down and let rise again.

Repeat this process several times to make the dough lighter. As with all bread doughs, be careful not to let it go too long, or dough will turn sour.

Shape dough into two loaves and allow to rise once more until doubled in size.

Preheat oven to 375 degrees. Bake bread for 30 minutes or until lightly browned.

Cool and slice. Keep bread in refrigerator or freeze for maximum shelf life.