

Honey Oatmeal Bread

Ingredients:

- 1 1/2 cups bread flour
- 1 cup whole wheat flour
- 1/4 cup rolled oats
- 1/8 cup wheat germ
- 2 tbs honey
- 7/8 cup warm (110°) lowfat milk
- 1/2 cup warm (110°) water
- 1 tsp salt
- 1 tbs light butter, softened
- 1/4 oz envelope active dry yeast

Directions:

1. Dissolve yeast in warm water and milk. Stir in remaining ingredients until combined.
2. Turn onto floured surface and knead until smooth, elastic and no longer sticky, about 8 minutes.
3. Let dough rise in a greased, covered bowl in a warm spot for one hour, or until double in bulk.
4. Punch dough down and shape into a greased 9-1/2 x 5 1/2 inch loaf pan. Cover and let rise again for one hour, or until double in bulk.
5. Bake at 375° for 25-30 minutes or until bread is done.
6. Remove from pan and let bread cool on wire rack.

Yield: One loaf