

Oatmeal Bread

Rating: ★★★★★

Makes: 20 servings

Ingredients

- 1 cup** rolled oats
- 1 teaspoon** salt
- 1 1/2 cups** boiling water
- 1 package** dry yeast (active)
- 1/4 cup** warm water (105 - 115 degrees)
- 1/4 cup** light molasses
- 1 1/2 tablespoons** vegetable oil
- 2 cups** whole wheat flour
- 2 1/2 cups** flour (all purpose)

Directions

1. Combine rolled oats and salt in a large mixing bowl. Stir in boiling water; cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water in small bowl.
3. Add yeast water, molasses, and oil to cooled oatmeal mixture. Stir in whole wheat flour and 1 cup all purpose flour. Add additional all purpose flour to make a dough stiff enough to knead.
4. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes.
5. Place dough in lightly oiled bowl, turning to oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	2 g	3%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	120 mg	5%

5. Punch dough down; turn onto clean surface. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise in a warm place until almost double, about 1 hour.

6. Preheat oven to 375 degrees. Bake 50 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Yeast Breads