

## Basic Whole Wheat Bread

- 6 cups warm water
  - 2/3 cup canola oil
  - 2/3 cup honey (or 2/3 cup sugar)
  - 3 TBL instant yeast
  - 3 TBL dough enhancer
  - 2 TBL salt
  - 2 cups high gluten flour (or 2 TBL Vital Wheat Gluten)
  - 10 – 12 cups whole wheat flour
1. Using your WonderMill grind 6-8 cups of wheat (we recommend hard white). This will yield 10-12 cups of flour.
  2. Mix water, oil, honey, yeast, salt, dough enhancer, and high gluten flour on low speed.
  3. Add whole wheat flour until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. The dough should be very sticky.
  4. Knead on speed 1 for 8 minutes or until the gluten has been developed.
  5. Slightly oil hands and counter and turn dough out onto counter. Divide dough into loaves.
  6. Shape loaves and place in well-greased or sprayed pans. Cover and let rise until doubled.
  7. Bake at 350 degrees for 30-35 minutes or until inside temperature is 180 degrees (use Instant Read Thermometer).
  8. For best results allow your wheat bread to cool for about 45 minutes before cutting.

For more whole wheat cooking tips and recipes visit [www.TheWonderMill.com](http://www.TheWonderMill.com).