

# Basic Whole Wheat Bread

bread 

## Ingredients

3 cups whole-wheat flour  
1 ½ teaspoons active dry yeast  
2 teaspoons sugar  
¾ teaspoon salt  
1 ½ cups warm water

## Directions

Combine flour, yeast, sugar, and salt in large mixing bowl. Add water to make a soft, slightly sticky dough. Knead until dough pulls away from sides of bowl and dough is elastic. Form dough into loaf and place in bread pan sprayed with cooking spray. Cover with plastic wrap sprayed with cooking spray. Let rise in warm, draft free place until doubled, about 20 – 30 minutes. Bake in 400°F oven for 25 – 30 minutes or until bread sounds hollow when tapped.

## Yield:

16 slices

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