

Bread in a Bag



2 cups all-purpose flour, divided
1 package rapid rise yeast
3 Tablespoons sugar
3 Tablespoons nonfat dry milk

1 teaspoon salt
1 cup hot water (120-130°F)
3 Tablespoons oil
1 cup whole wheat flour

Instructions: Add one-cup all-purpose flour, yeast, sugar, dry milk and salt in gallon-size freezer bag; seal. Shake bag and work with fingers to mix. Add hot water and oil to dry ingredients; reseal and mix by working with fingers. Add whole-wheat flour; reseal and mix thoroughly.

Gradually add remaining cup of flour – enough to make a stiff dough that pulls away from the bag. On a floured surface knead the dough for 2 to 4 minutes or until the dough is smooth and elastic. Cover dough with the plastic bag and let rest for 10 minutes. Shape the dough into a smooth roll and place in a greased loaf pan. Cover with clean dish towel.

Put bread in a warm place. Let dough rise 20 minutes or until double in size. Bake at 375°F for 25 minutes or until baked through.

Yield: 20 slices

Nutrition Facts (per serving): 94 calories, 2 grams fat, 120 milligrams sodium, 16 grams carbohydrate, 3 grams protein