

Crunchy Whole Wheat Bread



Makes: 1 loaf

Ingredients:

- 1 cup + 2 tbsp water
- 3 tbsp honey
- 2 tbsp olive oil
- 1½ cups bread flour
- 1½ cups whole wheat flour
- ½ cup chopped toasted walnuts
- 1 tsp salt
- 1 ½ tsp bread machine yeast

Procedure:

- Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
- Select Whole Wheat or Basic/ White cycle.
- Use Medium or Light crust color.
- Remove baked bread from pan and cool on wire rack.

Per serving:

- Calories: 160
- Protein: 4 gm
- Carbohydrates: 29 gm
- Fat: 4 gm

This recipe makes use of the bread machine. This makes it very easy to make.