

Multigrain Batter Bread



Makes: 2 loaves

Ingredients:

- 3½ cups all-purpose flour
- 1 cup whole wheat flour
- ¼ cup soy flour
- ¾ cup quick cooking oats
- ½ tsp salt
- 2 packages fast-rising yeast
- 1 cup cooked brown rice
- 2¼ cups skim milk hot
- 2 tbsp olive oil

Procedure:

- Combine flours, oats, sugar, salt and yeast in a large bowl; stir in rice.
- Add milk and oil, mixing until smooth.
- Spoon batter into 2 bread pans; let stand, loosely covered, until double in size, about 30 minutes.
- Bake bread at 190°C/ 375°F until loaves are browned and sound hollow when tapped, 35 – 40 minutes.
- Remove from pans and cool on wire racks.

Per serving:

- Calories: 97
- Protein: 4 gm
- Carbohydrates: 18 gm
- Fat: 1 gm

Batter breads are quick and easy to make, requiring no kneading and only one rise.