

## Recipe

### Honey Wheat Bread

## By

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## Ingredients

- ½ C warm water
- 2½ Tsp active dry yeast
- ¾ C yogurt
- 1 Tbsp oil
- 1½ Tbsp honey
- 1 Tsp salt
- 1 C whole wheat flour
- 1¾ C all purpose flour

## Preparation

1. In a mixing bowl, dissolve the yeast in the warm water and let stand for 5-8 minutes. Stir in the yogurt, oil, honey and salt. Using a wire whisk, beat until well combined. Add the whole wheat flour and beat until smooth. Stir in the all purpose flour and form a soft dough. Cover and keep aside for 1 hour or until doubled in size.
2. Punch down the dough. Turn onto a floured surface and shape into a loaf. Place in a 9-in x 5-in x 3-in loaf pan. Cover and let rise until doubled, about 1 hour.
3. Bake in a preheated oven at 400 F/200 C for 30 minutes or until golden brown. Remove from pans to wire racks to cool. (Half way through the baking if the top of the bread starts to burn, cover the top with a foil paper and reduce the temperature to 350 F/180 C and bake until required)
4. When cool, cut into 1cm thick slices.

## Yield

1 Loaf

## For further details please contact

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