

## Sprouted Wheat Bread

1 1/8 c. to 1 1/4 cups water  
1/4 c. vegetable oil  
1/4 c. honey plus 1 T. separated  
3 1/2 c. King Arthur Sprouted Wheat Flour  
2 1/2 tsp yeast  
2 T. warm water  
1/4 c. dry milk  
1 1/4 tsp. salt

In a small bowl, mix the 1 T. honey in the 2 T. warm water and dissolve the yeast in it. Allow to proof for 10 min.

Meanwhile, warm the water and vegetable oil in a sauce pan and gather the rest of your ingredients. When the yeast has proofed, add the water/oil mixture and the yeast mixture in the bowl of the KitchenAid. Next, add the remaining honey and dry milk. Finally add the flour and salt. Using the dough hook, mix and knead for 8 minutes.

Transfer the dough to a lightly greased bowl. The dough should be soft, yet firm enough to knead. Allow the dough to rise, covered, for about 1-2 hours.

Punch down the dough and knead slightly. Form into an 8" log and place in a 8 1/2" x 4 1/2" greased loaf pan. Cover and allow to rise another 1-2 hours. Towards the end of the rising period, pre-heat the oven to 350 degrees F. Bake for 40 min. After 20 min. you may tent the loaf with foil to prevent over browning.

When baking is complete, let cool for 10 min. and then remove from the pan onto a wire rack to cool. I always rub the tops of my bread loaves with a pat of butter.