

Homemade Sliced Bread



Simple sliced bread without all the preservatives of store bought. This recipe is worth the adventure into bread making, by providing your family with a healthier option of carbs.



Prep time: **4 1/2 hours** Bake time: **30-35 minutes** Yields: **2 loaves 16 servings each**

Homemade Bread Flour

Bread flour Ingredients

6 1/4 to 6 3/4 cup all-purpose flour

6 1/4 to 6 3/4 teaspoons vital wheat gluten

Bread Flour Directions

The ratio is 1 cup all-purpose flour to 1 teaspoon vital wheat gluten. Sift ingredients, then mix thoroughly.

Homemade Sliced Bread

Sliced Bread Ingredients

1 package 1/4-ounce active dry yeast

3 1/2 tablespoons sugar, separated

2 1/4 cups warm water (110° to 115°)

1 tablespoon salt

6 1/4 to 6 3/4 cups bread flour

2 tablespoons Canola oil

Sliced Bread Directions

In a large Bowl, dissolve yeast and a 1/2 teaspoon sugar in warm water, let stand until bubbles form on surface. Whisk together remaining 3 tablespoons sugar, salt and 3 cups flour. Stir oil into yeast mixture; pour into flour mixture and beat until smooth. Stir in enough remaining flour, 1/2 a cup at a time, to form soft dough.

Turn out onto a floured surface: Knead until smooth and elastic, 8-10 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise until doubled, 1 to 1 1/2 hours.

Bake at 375° until loaf is golden brown and sounds hollow when tapped or has reached an internal temperature of 200°, 30-35 minutes. Remove from pans to wire racks to cool.

Nutrition Facts

32 servings per container

Serving size 1 slice (47g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 220mg 10%

Total Carbohydrate 21g 8%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 4g 8%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.