

Easy Whole Wheat Bread

- 4 cups Whole Wheat Flour
- 2 ½ tsp active dry yeast
- 1/2 tsp Salt
- 2 tsp maple syrup
- 2 ¼ cups Warm Water



In bowl put flour and salt and mix together. In another bowl put yeast, ¼ cup of the lukewarm water and room temperature maple syrup and stir. Set aside for 10 minutes, mixture will foam and double in size. Add yeast mixture to flour in bowl and 2 cups of warm water. Mix, do not knead, till dough is sticky and well combined. Transfer to a greased 9x5 loaf pan. Cover with a dish towel and leave to rise for 30 – 40 minutes (I put near the radiator). Preheat oven to 390°F while dough is rising. When the dough has risen, bake in oven for 40 minutes. Best fresh but will be good if wrapped tightly for a couple of days, then toast!