

## Whole Wheat Bread



We have had a stand mixer since we first got married. It made baking so much easier and more fun. It has a dough hook which, until the past few weeks, I had never used. I decided I wanted to start experimenting with bread recipes wanting to find more healthful and tasty alternatives to store bread. My feeling has been that if the bread isn't good, why bother? I have tweaked several recipes for basic whole wheat bread (that can be kneaded with dough hook) and find this one easy and

delicious.

### Ingredients

- 1  $\frac{3}{4}$  Cup warm water
- 2 Tablespoons pure maple syrup
- 2  $\frac{1}{4}$  teaspoon active dry yeast (or one package)
- 3  $\frac{1}{2}$  Cups whole wheat flour, or more as needed.
- 1 Tablespoon Olive Oil
- 1 teaspoon kosher salt

1. Mix the warm water, syrup, and yeast in the bowl of the stand mixer until it becomes bubbly and foamy (about 5 minutes)
2. Add about half of the flour, oil and salt to the mixture and stir with a wooden spoon until incorporated into the water mixture. Let it sit for 2 minutes.
3. Starting on low speed with the dough hook attachment slowly add the remaining flour gradually increasing speed. Mix for around 6 minutes until the dough is combined and not sticking to the sides of the bowl. Cover the bowl with a towel and let it sit for 15 minutes.
4. Oil or line with parchment paper a 9 x 5 loaf pan. Flour your work surface.
5. Turn the dough onto the work surface and shape into loaf adding more flour if necessary. Place into prepared loaf pan.
6. Place in a warm spot until it has risen over the sides of the pan about an hour.
7. Bake in a preheated 350 degree oven about 35 minutes until the loaf sounds hollow when tapped. Remove from oven and let cool in pan for about 15 minutes before transferring to a wire rack to cool for at least an hour before cutting.