

Kansas

Oatmeal Wheat Bread

Featured Food: Wheat

Makes: 20 servings

Ingredients

- 1 cup rolled oats
- 1 teaspoon salt
- 1 ½ cups boiling water
- 1 packet active dry yeast
- ¼ cup warm water (105 to 115°F)
- ¼ cup molasses
- 1 ½ tablespoons oil
- 2 cups whole wheat flour
- 2 cups all-purpose flour



Directions

1. Combine rolled oats and salt in a large mixing bowl. Stir in boiling water; then set aside to let cool until lukewarm (105 to 115°F).
2. Dissolve yeast in ¼ cup warm water in small bowl.
3. Add yeast water, molasses, and oil to cooled oatmeal mixture. Stir in whole wheat flour and 1 cup all-purpose flour. Add additional all-purpose flour to make a dough stiff enough to knead (may not need to use all of the additional flour indicated in the ingredient list).
4. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes.

5. Place dough in lightly oiled bowl, turning to oil top. Cover with clean dish towel; let rise in warm place until the dough doubles in size, about 1 hour.
6. Punch dough down; turn onto clean, lightly floured surface. Shape dough and place in greased 9x5 inch pan. Cover with clean towel; let rise in a warm place until the dough almost doubles, about 1 hour.
7. Preheat oven to 375°F. Bake 50 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Recipe from: *Cooking Up Fun - Yeast Breads*, Cornell University Cooperative Extension, Division of Nutritional Sciences, adapted by the USDA Food and Nutrition Administration.

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