

## Oats & Honey Bread

Whether you prefer to knead and bake in a pan or want to use your bread machine, this recipe will be a favorite. Oats and honey add flavor to traditional bread, giving it an extra kick your family will love. The quick oats are healthy and add texture, and the slight honey-sweet taste is sure to please!

*Recipe submitted by Karen Stuckey, Sr. Vice President, General Merchandising Manger, Products & Trend Development, Wal-Mart.*



### INGREDIENTS

- 2 teaspoons of olive oil
- 1 3/4 cups warm water (105 to 110 degrees)
- 1 tablespoon of dry yeast
- 3/4 cup quick-cooking oats & additional for garnish
- 1/3 cup honey
- 3 tablespoons vegetable oil
- 2 1/2 teaspoon salt
- 5 cups (approximately) all-purpose flour, or try a 50/50 white and wheat blend for added flavor
- 1 large egg

### PREPARATION

- Stir 1/4 cup warm water and yeast in large bowl. Let stand 10 minutes to dissolve yeast.
- Stir in remaining 1 1/2 cups water, 3/4 cup oats, honey, oil and salt.
- Stir in enough flour to form soft dough.
- Coat another large bowl with oil.
- Transfer dough to oiled bowl and turn to coat.
- Cover with plastic wrap (spray with cooking spray first to keep it from sticking to dough), then cover with kitchen towel and let rise at room temperature until doubled in volume, about 1 hour.
- Oil two 8 1/2" x 4 1/2" x 2 1/2" loaf pans.
- Punch down dough; shape into 2 loaves.
- Place 1 loaf in each pan.
- Cover and let rise in warm draft-free area until almost doubled in volume, about 20 minutes.
- Preheat oven to 350 degrees.
- Brush tops of loaves with egg; sprinkle with additional oats for garnish.
- Bake until brown on top and tester inserted into center comes out clean, about 40 minutes.
- Cool completely.

Serving size is two slices.

### NUTRITIONAL ANALYSIS (per serving)

- 102 calories
- 1 gram protein
- 12 grams carbohydrates
- 6 grams fat (1 g saturated fat)
- 6 milligrams calcium