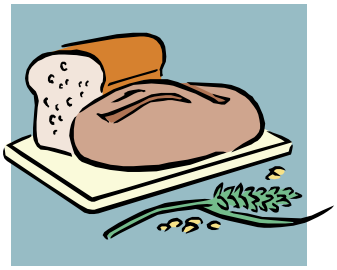
"Sarah's Finest" Bible Bread

(1.5 to 2.0 hr time span / 30 minutes work)



Ingredients: Whole wheat flour; Yeast; Olive Oil; Honey; Salt

With: Fresh veggies (e.g., tomato, cucumber, alfalfa sprouts, celery); Low sodium bean dip or hummus; Dressing

Yeast Mixture

Soak 1 pkg dry yeast in ½ cup warm water for 10 minutes

Mix in large bowl:

Yeast mixture
2 Tbs Olive oil (or sesame oil)
1/4 tsp salt (recipe is also good with no added salt)
2 Tbs Honey (or Molasses)
2 cups warm water

Note: *If you want a finer texture you can add 3 cups flour to liquid mixture and allow to rise for about 30 minutes as a "sponge," then add rest of flour and proceed with kneading.*

Add 1 cup at a time: About 6 cups whole wheat pastry flour (3 cups if adding to "sponge") or until dough can be rolled into ball and kneaded with flour on hands.
Form into large ball and knead with floured hands for 5 minutes.
Cover with towel and let rise in warm place until double in size (about 40 minutes).

Preheat oven to 400 degrees

Gently punch down and knead for 1 minute
Form into 12 balls and let rest 10 minutes (for mini rounds make about 18 balls)
Roll out into rounds about 5 inches across (mini rounds about 3-4 inches across)
Place on cookie sheet sprayed with Pam or sprinkle with sesame seeds).

Bake 10-12 minutes and cool on board or rack

Note: *Can be made into 2 large or 4 small loaves and bake 30 to 40 minutes at 350˚.*

Enjoy with low-sodium bean dip (and salsa) or hummus (and dressing), tomato, cucumber, sprouts, and a celery stick. This bread freezes well in ziplock bags (first let it cool completely). You may want to freeze some to have with next week's dinner salad. You can be creative with the recipe and add roasted garlic and Italian herbs or double the honey and add raisins, walnuts, and cinnamon for a sweet bread version.

Food or Ingredient	Cal	Protein (g)	Fat (g)	Sat. Fat (g)	% Fat/ Cal	Fiber (g)	Sodium (mg)	Calcium (mg)
Bread 1/2 pocket	121	4.6	1.8	0.3	13	4.0	29	11
Hummus 2 Tbs	43	2.1	2.3	0.3	48	1.0	53	14
Cucumber 1/4 cup	16	0.7	0.2	0	12	0.9	2.5	18
Tomato 2 slices	18	0.5	0.3	0	13	0.5	2.5	10
Alfalfa sprouts 1/4 cup.	36	5.0	0.9	trace	21	3.1	7.5	40
Celery stick 5"	14	0.7	0.2	trace	12	1.5	80	40
Dressing 1 Tbs (Marie's Creamy Italian)	20	0	1.0	0	45	0	145	0