

Bread-in-a-Bag

Makes 6-8 servings | **Grains**

Ingredients

- 1 ½ cups whole-wheat flour
- 1 package (2½ teaspoons) rapid-rise yeast or active-dry yeast
- 3 Tablespoons sugar
- 3 Tablespoons nonfat dry milk powder, optional
- 1 teaspoon salt
- 1 cup hot water (125° - 130°F)
- 3 Tablespoons canola oil
- 1 ½ cups all-purpose flour approximate
- Nonstick spray
- 1 Gallon freezer bag

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. For this recipe, you can use either rapid rise yeast or active dry yeast. See first set of instructions for rapid rise yeast, and the second set of instructions for active dry yeast.

Rapid Rise Yeast

3. Combine whole-wheat flour, rapid rise yeast, sugar, dry milk powder, and salt in a 1 gallon heavy-duty freezer bag with a zipper lock. Add variation ingredients, if using (see below). Squeeze upper part of bag to force out air and close the bag. Shake and work bag with fingers to blend ingredients.
4. Add hot water (125-130°F) and oil to the bag and reseal it. Mix by working bag with fingers.
5. Gradually add enough all-purpose flour to the bag to make a stiff dough that pulls away from the bag. You may not need all the all-purpose flour.
6. Place dough on a floured surface. Knead 2-4 minutes until smooth and elastic.
7. Place the dough in a bowl and cover. Let it rise for 30-40 minutes or until doubled in size.
8. Spray 9x5x3-inch loaf pan with nonstick spray.
9. Once doubled in size, gently punch the dough down and shape it to fit in the loaf pan. Cover and let rise again until doubled in size, about 30-40 minutes.
10. While dough is rising, preheat oven to 375°F.
11. Bake at 375°F for 30-35 minutes or until golden brown.

Active Dry Yeast

3. In a bowl, combine water, yeast, and sugar. Stir and set aside for about 5 minutes, or until yeast becomes foamy and bubbly.

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4. Combine whole-wheat flour, dry milk powder, and salt in a 1 gallon heavy duty freezer bag with a zipper lock. Add variation ingredients, if using (see below). Squeeze upper part of bag to force out air and close the bag. Shake and work bag with fingers to blend ingredients.
5. Add yeast mixture and oil to the bag and reseal it. Mix by working bag with fingers.
6. Gradually add enough all-purpose flour to the bag to make a stiff dough that pulls away from the bag. You may not need all the all-purpose flour.
7. Place dough on a floured surface. Knead 2-4 minutes until smooth and elastic.
8. Place the dough in a bowl and cover. Let it rise for 60-75 minutes or until doubled in size.
9. Spray a 9x5x3-inch loaf pan with nonstick spray.
10. Once doubled in size, gently punch the dough down and shape it to fit in the loaf pan. Cover and let rise again until doubled in size, about 30-40 minutes.
11. While dough is rising, preheat oven to 375°F.
12. Bake at 375°F for 30-35 minutes or until golden brown.

Variations

Butter Crunch Bread: After the first time the dough rises, roll it into a 12x7-inch rectangle. Spread 2 Tablespoons margarine over dough and sprinkle with 3 Tablespoons brown sugar and ¼ cup chopped nuts. Roll up from the narrow end and place in the loaf pan. Let rise a second time, per the instructions, then bake.

Cinnamon & Raisin Bread: After the first time the dough rises, roll it into a 12x7-inch rectangle. Sprinkle with 1 Tablespoon cinnamon and ⅓ cup raisins. Roll up from the narrow end and place in the loaf pan. Let rise a second time, per the instructions, then bake.

Garlic Parmesan Bread: Add 1 teaspoon garlic powder and 1/4 cup grated Parmesan cheese with the whole-wheat flour.

Honey Wheat Bread: After the first time the dough rises, roll it into a 12x7-inch rectangle. Spread ¼ cup honey over dough. Roll up from the narrow end and place in the loaf pan. Let rise a second time, per the instructions, then bake.

Italian Bread: Add 2 Tablespoons CNP Italian Seasoning or pre-made Italian seasoning with the whole-wheat flour.

White Bread: Use all-purpose flour for most or all of the whole-wheat flour.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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