Homemade Wheat Bread

Mr. Bruce Benson Demonstration

3 cups hot water

2 rounded table spoons yeast

1/3 cup applesauce or oil

1/3 cup honey

6-8 cups white wheat flour

1 table spoon salt.

1/2 to 1 cup ground flax seed

Combine hot water and yeast. Allow yeast to dissolve. Add applesauce and honey. Add 4 cups flour and ground flax seed. Add salt. Turn on mixer and slowly add extra flour  until dough forms a ball or climbs up the dough hook. You may not use all of the flour. Just watch and when the dough looks good stop.

Spray the counter with cooking spray so dough will not stick to the counter. Place the dough and the counter.

Spay hands so dough won't stick to your hands. Divide the dough in half. Work it and form it into two loaves.

Spray bread pans. Place loaves into pans and let it raise until it is about 1-2 inches above the pan.

Bake at 350 for 40 minutes.