



# The Change We Knead Now

## Bake Bread For WORLD PEACE

### Foolproof Whole Wheat Bread

- 2 tablespoons dry yeast
- 5 cups hot water
- 2/3 cup oil
- 12 cups whole wheat flour (or 7 cups whole wheat flour & 5 cups white flour)
- 1/2 cup warm water
- 2 tablespoons salt
- 2/3 cup honey or sugar

Sprinkle yeast into 1/2 cup warm water.

Let stand 10-15 minutes.

Add 1 tablespoon sugar.

Combine the remaining 4 1/2 cups hot water with 7 cups whole wheat flour in a large bowl.

Add salt, oil and honey or sugar.

Continue mixing until well blended.

Add 1 cup flour to mixture.

Add prepared yeast to mixture and blend thoroughly.

Add 3 to 4 more cups of flour.

Knead for 10 minutes or until there is a consistency like cookie dough.

A stickier dough will result in moister bread.

Oil hands and divide dough into 4 parts.

Mold into loaves on oiled counter.

Place in oiled pans.

Oil top of loaves if soft crust is desired.

Cover loaves with damp cloth and let rise 1/3 in bulk.

Place loaf pans in dark pans with lids, or insert an empty loaf pan on top of each loaf of dough.

Cover.

Place in solar oven by 11 a.m.

Cook 2 1/2 hours.

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