

Honey Oat Bread

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

2 C WATER
½ C HONEY
2 T VEGETABLE OIL

2 TSP SALT
1 C ROLLED OATS
¼ C GROUND FLAXSEED
¾ C WHITE WHOLE WHEAT FLOUR
3 C WHITE BREAD FLOUR
2 TSP BREAD MACHINE YEAST

DIRECTIONS:

PLACE THE INGREDIENTS IN THE ORDER RECOMMENDED BY YOUR BREAD MACHINE MANUFACTURER. CHOOSE THE BASIC BREAD SETTING AND THE CRUST FINISH OF YOUR CHOICE (I PREFER MEDIUM). SET YOUR TIME AND ENJOY FRESHLY BAKED BREAD AT YOUR CONVENIENCE! MAKES 12 LG SLICES OF BREAD.

TO FREEZE:

ALLOW THE BREAD TO COOL. WRAP THE LOAF TIGHTLY IN SEVERAL LAYERS OF PLASTIC WRAP AND THEN WRAP IN TIN FOIL. CAN BE DEEP FROZEN FOR 3 MONTHS.

MACROS PER SLICE: 229 CALS 40G NET CARBS 4G FAT 6G PROTEIN