

Quick Oatmeal Bread

Ingredients

1 cup old-fashioned oatmeal
1 cup whole wheat flour
2 tablespoons packed brown sugar or vegan brown sugar
2 tablespoons dry yeast
1/2 teaspoon salt
1 teaspoon cinnamon
1 1/2 cups water
2 tablespoons butter or almond butter
1 1/2 cups bread flour

Method

In large bowl, combine oats, whole wheat flour, brown sugar, yeast, salt and cinnamon. In a medium saucepan, heat water and butter until very warm, 120 degrees. Gradually stir into dry ingredients. Beat well. Stir in enough bread flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 5 minutes. Cover and let rest 10 minutes. Roll dough on lightly floured surface to 12-by7-inch rectangle. Beginning at short end, roll up tightly. Pinch seam and ends to seal. Place, seam side down, in greased 9-by-5-inch loaf pan. Cover with dry cloth and let rise in warm, draft-free place 20 minutes. Bake at 375 degrees for 35 to 40 minutes or until golden brown. Remove from pan and cool on wire rack. Serves 12.

Note

Calories: 154, total fat: 3g, dietary fiber: 3g, protein: 5g, potassium: 4 percent