Nutty Wheat Bread

Amazing how everyday things turn special with just a bit of creativity and innovation! Some of my earliest memories include helping my mother with the weekly bread-making. I always had my own piece of dough to twist and form as I liked while mom made gorgeous big loaves of yummy whole wheat bread. Well, after 39 years of making bread, Mom finally decided to get a bit creative! This amazing nutty wheat bread came from a spark of imagination in just ordinary weekly bread-making session. Although baking bread may take time, it can be a relaxing weekend activity with deliciously healthy results.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Julie Harrison, Dietetic Intern
Recipe from: Julie Harrison, Dietetic Intern and UA Life and Work Connections Nancy Rogers, MS, RDN.

Nutty Wheat Bread
Serves: 24
Cook time: 25-30 minutes
Ready in 1 ½ hours

Ingredients
• 2 cups warm water
• 1/4 cup honey or sugar
• 2 Tbsp. canola oil
• 1 Tbsp. dry yeast
• 2 tsp. salt
• 4-6 cups whole wheat flour (if you prefer lighter bread, you may substitute 1/3 of the flour for white flour)
• 1 cup nuts, grains or seeds (raw cashews, sunflower seeds, slivered almonds, rolled oats, etc.

Directions
1. Mix water, sugar, oil, yeast and salt.
2. Add flour gradually and stir ingredients until it reaches consistency of thick dough.
3. Knead the dough, adding flour until it is sticky but workable (adjust the flour amount to reach desired consistency), about 10 minutes.
4. Let dough rise for 15 minutes
5. Separate dough into 2 loaves.
6. Roll out the dough flat as if making cinnamon rolls and cover with about ½ cup of nuts.
7. Roll up dough and place in loaf pan.
8. Repeat with remaining loaf.
9. Preheat oven to 400 degrees.
10. Let loaves rise for 15-30 minutes or until they are almost doubled in size.
11. Bake for 20-30 minutes or until golden brown.
12. Then let cool before slicing.