

Whole Wheat Bread

Yield: 4 min
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-bread-india-recipe>

Ingredients:

- 1/2 cup warm water not hot
- 3 tablespoons liquid honey not creamed
- 2 1/4 teaspoons instant yeast or sub active dry
- whole wheat bread
- 3/4 cup milk warm, microwave for 30-40 seconds
- 2 tablespoons canola oil
- 1 1/2 teaspoons salt
- 3/4 cup all-purpose flour
- 3 cups whole wheat flour

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 100 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 12 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 930 milligrams
9. Sugar: 16 grams

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