

Light Whole Wheat Bread

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 3 cups water lukewarm
- 1 1/2 tablespoons granulated yeast 1 1/2 packets
- 1 1/2 tablespoons salt
- 1 cup whole wheat flour
- 5 1/2 cups unbleached all purpose flour
- whole wheat flour for the pizza peel

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 154 grams
3. Fat: 2.5 grams
4. Fiber: 10 grams
5. Protein: 23 grams
6. Sodium: 2670 milligrams

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