



Bread in a Bag

Servings: 12 slices
Serving Size: 1 slice

Ingredients:

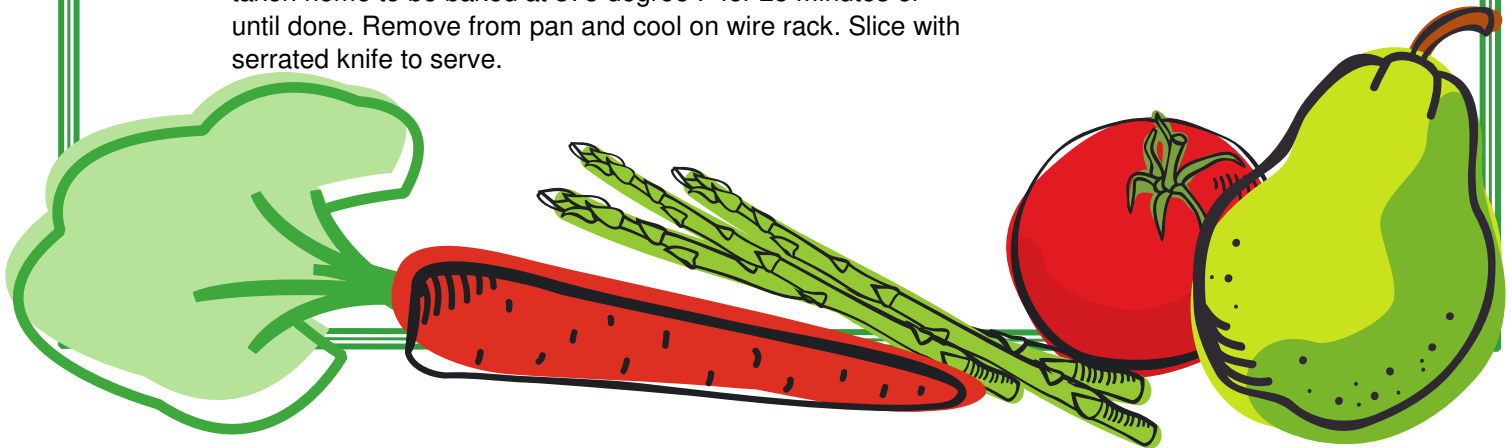
- 2 cups all-purpose flour
- 1 package rapid-rise yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125 to 130 degrees F)
- 3 tablespoons vegetable oil
- 1 cup whole wheat flour
- Boiling water

Directions:

1. Combine 1 cup all-purpose flour, undissolved yeast, sugar, dry milk, and salt in the 1-gallon heavy duty freezer bag with zipper-lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers. Add whole wheat flour; reseal bag and mix thoroughly. Gradually add enough remaining all-purpose flour to make a stiff dough that pulls away from bag.
3. On floured surface, knead dough 2 to 4 minutes, until smooth and elastic.
4. Cover dough; rest 10 minutes. After 10 minutes, roll dough to 12 x 7-inch rectangle. Roll up from narrow end. Pinch edges and ends to seal.
5. Place in oiled 8 ½ x 4 ½ x 2 ¼-inch glass loaf pan; cover. Place large shallow pan on counter half filled with boiling water.
6. Place baking sheet over shallow pan; let dough rise 20 minutes or until double in size. At this point, bread can be taken home to be baked at 375 degree F for 25 minutes or until done. Remove from pan and cool on wire rack. Slice with serrated knife to serve.

Nutrition Facts

Serving Size 1 slice		Servings Per Container 12 slices	
Amount Per Serving			
Calories 160	Calories from Fat 35		
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 27g			9%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 4g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



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