

Whole Wheat Bread

Ingredients:

* 1 1/3 C               Hot Water
* 4 T                    Honey
* 2 T                    Soy Butter
* 1 t                      Sea Salt
* 2 C                    Bread Flour
* 2 C                    Whole Wheat Flour
* 2 t                     Dry Soy Milk
* 2 t                     Yeast

Using a bread machine, follow the instructions for a 1.5 loaf.

Replace your White (bleached) Bread with Whole Grain Bread.  Your stomach will thank you. It "stickes" to the walls of your intestine, make it difficult to do #2 and it is high in sugars.