

Bread-in-a-Bag

Makes about 20 slices of bread

Ingredients

- 1½ cups whole-wheat flour
- 1 package rapid-rise yeast (or 2½ teaspoons)
- 3 Tablespoons sugar
- 3 Tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125-130°F)
- 3 Tablespoons canola oil
- 1½ cups all-purpose flour (approximate)

Nutrition Facts

Serving Size 1 slice (35.94g)
Servings Per Container 20

Amount Per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat	2.5g	4%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	16g	5%
Dietary Fiber	1g	5%
Sugars	3g	
Protein	3g	5%
Vitamin A	0%	Vitamin C 0%
Calcium	4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Combine whole-wheat flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon heavy-duty freezer bag with a 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. Re-seal bag. Mix by working bag with fingers.
3. Gradually add enough all-purpose flour to make stiff dough that pulls away from the bag.
4. Place dough on a floured surface; knead 2 to 4 minutes, or until smooth and elastic.
5. Cover dough and let it rest for 10 minutes.
6. Roll out dough to a 12x7-inch rectangle. Roll up from narrow end. Pinch to seal. Place in a 9x5x3-inch loaf pan coated with non-stick spray. Let rise 20 minutes or until double in size.
7. Bake at 375°F for 30 to 35 minutes or until brown.



Bread-in-a-Bag - Variations

Cinnamon and Raisin Bread - After the dough is rolled into a rectangle, sprinkle with 1 Tablespoon of cinnamon and $\frac{1}{3}$ cup raisins. Roll up from the narrow end and bake.

Jalapeno Cheese Bread - After the dough is rolled into a rectangle, sprinkle with $\frac{1}{4}$ cup sliced jalapeno peppers and $\frac{1}{2}$ cup shredded low-fat cheese. Roll up from the narrow end and bake.



Honey Wheat Bread - After the dough is rolled into a rectangle, spread $\frac{1}{4}$ cup honey over dough. Roll up from the narrow end and bake.

Italian Bread - Add 2 Tablespoons Italian Seasoning in first step.

Rosemary Black Pepper Bread - After the dough is rolled into a rectangle, brush with olive oil and sprinkle with 2 teaspoons Rosemary and 1 Tablespoon black pepper. Roll up from the narrow end and bake.

Dill Bread - Add $1\frac{1}{2}$ teaspoons dill and 1 T ablespoon lemon zest (grated lemon peel) in first step.

Butter Crunch Bread - After the dough is rolled into a rectangle, spread 2 Tablespoons soft margarine over dough and sprinkle with 3 Tablespoons brown sugar and $\frac{1}{4}$ cup chopped nuts. Roll up from the narrow end and bake.

Garlic Parmesan Bread - Add 1 teaspoon garlic powder and $\frac{1}{4}$ cup grated Parmesan cheese in firststep.

Breadsticks - Add $\frac{1}{2}$ cup rolled wheat or other rolled grain to bag after mixing in whole-wheat flour. Add only enough all-purpose flour to make a stiff dough. Roll out dough in a rectangle $\frac{1}{2}$ -inch thick. Cut dough into strips $\frac{3}{4}$ -inch wide. Twist strips while placing on baking sheet. Bake at 375°F for 15 minutes or until brown.

Cinnamon Rolls - After rolling dough into 12x7-inch rectangle on floured surface, spread with 2 Tablespoons soft-tub margarine. Sprinkle with $\frac{1}{2}$ cup brown sugar and 2 teaspoons cinnamon. Add $\frac{1}{2}$ cup raisins or chopped nuts, if desired. Roll up dough and seal edges. Cut into 1-inch slices. Place in baking pan coated with non-stick spray. Cover; let rise 20 to 30 minutes. Bake at 375°F for 20 to 25 minutes or until golden brown. Remove from pan. Makes 12 rolls.

Rolls - After kneading and resting for 10 minutes, roll out dough to $\frac{1}{2}$ -inch thick. Use a round cookie cutter or biscuit cutter to make rolls. Place on baking sheet coated with non-stick spray. Cover and raise 20 minutes. Bake at 375°F for 12 to 15 minutes.

Potato Rolls - Beat one egg and add with oil and water. Before adding white flour, add $\frac{1}{2}$ to $\frac{3}{4}$ cup leftover mashed potatoes. Make rolls, raise, and bake at 375°F for 20 minutes.

Pizza dough - Change canola oil to olive oil. When adding the water and oil, mix in spices such as: 1 teaspoon oregano, basil, or red pepper flakes; and 1 T ablespoon grated Parmesan cheese. After kneading, allow dough to rest for 10 minutes. Roll into circle or rectangle about $\frac{1}{4}$ -inch thick. Add toppings of your choice. Bake at 375°F for 15-20 minutes.