

ABC Wheat Bread

Marjorie Johnson, Robbinsdale, Minnesota

I wanted to create nutritious bread for my family and I always have ripe bananas to use. Since I used Apples, Bananas, and Carrots I named it my ABC Bread. Several years ago when I became aware of the health benefits of flax seeds, I added ground flax seeds to my bread and I switched from traditional whole wheat flour to white whole wheat flour. I like to grind the golden flax seeds in an electric coffee mill.

- 1 ½ cups warm water (100°-110°F)
- 4 teaspoons Fleischmann's® Active Dry Yeast
- 1 teaspoon granulated sugar
- 1 cup finely chopped, peeled apples*
- 1 cup mashed, ripe bananas
- 1 cup finely chopped carrots
- ½ cup nonfat dry milk powder
- 1 tablespoon freshly grated orange peel
- 2 teaspoons salt
- ¼ cup canola oil
- ¼ cup honey
- ½ cup ground golden flax seeds
- 5 cups King Arthur Unbleached White Whole Wheat Flour
- 2 tablespoons vital wheat gluten, (optional)
- 1 ¼ - 1 ½ cups King Arthur Unbleached Bread Flour

1. In electric mixer bowl, combine water, yeast, and sugar. Let stand 5 minutes to proof yeast.

2. Stir in rest of ingredients. Using dough hook knead 5 to 8 minutes on low speed. If dough does not form a ball around the dough hook, add 1 or 2 tablespoons additional flour.

3. Place dough in greased bowl, cover and let rise in a warm place until double. Punch down dough.

4. Divide dough into 3 equal pieces. Roll each piece into a 12 x 8-inch rectangle. Starting with shorter side, roll up as for jelly-roll; seal edges and ends.

5. Place in greased 8 ½ x 4 ½-inch loaf pans. Cover, let rise in warm place until double.

6. Bake in preheated 375°F oven 25 to 30 minutes or until golden brown and done. Remove loaves from pans to wire rack to cool. Brush with butter if desired.

7. Makes 3 loaves, 12 slices each.

*Note: Marjorie recommends selecting a good cooking apple like Granny Smith, Jonathan, or Honey Crisp.

Nutrition information per serving:

One slice provides approximately 122 calories; 4 g protein; 22 g carbohydrate; 3 g dietary fiber; 2 g fat (.12 g saturated); .13 mg cholesterol; 18 mcg folate; 1 mg iron and 139 mg sodium.

