



Wheeler

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Homemade Bread

There are few things better than fresh baked homemade bread. The recipe makes it easy to do every day! A great project for kids because they can get their hands in the mix and experience the magic of yeast.

Ingredients

3 cups of all-purpose flour
1 ½ tsp kosher salt (¾ tsp if using table salt)
½ tsp yeast
1 ½ cup water – lukewarm, about body temperature

Equipment

Large bowl
Clean dish towel
Casserole dish, cast iron pan or Dutch oven

Oven – have adult help
Measuring spoons
Measuring cup

Directions

1. Combine flour, salt, and yeast in a bowl and mix with hands.
2. Add water to the mixture and combine until the dough comes together, it will be a little sticky but should hold together.
3. Cover with a clean dish towel and leave in a warm place for 12 hours, overnight.
4. When ready to bake, preheat the oven to 450 and place your cooking vessel in the oven to heat. Have an adult to help with this part.
5. Uncover dough, it should look spongy and stringy. Gather together in a ball, gently stretch the surface of the dough around to the bottom and pinch to make a seam. Place in the hot cooking vessel and cover.
6. Baked covered for 30 minutes. Then uncover and cook for an additional 10 minutes or until starting to brown.

😊 Little helpers: Most of this recipe kids can do on their own, but they will need help with the oven. Have them practice their math skills by measuring out the ingredients. Let them get messy mixing the dough together. They will also have fun checking on the dough regularly and watching it grow.



Nutrition: Bread made at home has not added sugars and no added preservatives.

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