



Basic Whole Wheat Bread

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Revient

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1 cup warm water	1T.
yeast	
1 tsp. Salt	1T oil
(opt.)	
1 T. sweetener	3 cups
whole wheat flour	

Procedure:

Dissolve sweetener in water then stir in yeast. Let stand until yeast begins to bubble, 5-8 min. Stir in oil, if using, and salt. Add 1 ½ cup flour. Beat vigorously for 1 min. Add remaining flour gradually. Use only amount necessary to handle dough without it sticking to hands. Lightly flour table and knead dough 5 min. Add more flour if necessary. Place dough in large bowl. Cover with clean towel. Let dough rise until double, 30-45 min. Punch down, knead briefly. Squeeze out all air bubbles. Shape into loaf. Place in medium size oiled loaf pan. Cover with towel. Let rise again until nearly double in size 30-45min. Bake at 350 degrees F for 30-40 min., until golden and bread slips from the pan. Cool on a rack.



Noah's Mayonnaise

1 1/2 cup water
1/2 cup soy supreme
1 Tablespoon onion powder
1 teaspoon salt

Put all ingredients in blender and blend on slow.
Turn blender on high and drip about 1 1/2 cup oil.
Pour into container and whip in 2 Tablespoon lemon juice.
Note: If you want to cut down on oil, add more soy supreme

