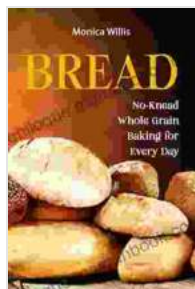


No Knead Whole Grain Baking for Every Day



In today's fast-paced world, it can be difficult to find the time to bake bread from scratch. But with no knead whole grain baking, you can create delicious, wholesome bread without spending hours in the kitchen.



Bread: No-Knead Whole Grain Baking for Every Day

by Anissa Helou

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled

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No knead bread is made with a simple dough that doesn't require any kneading. This makes it perfect for busy people who don't have a lot of time to spend on baking.

Whole grain bread is a great way to get your daily dose of fiber and nutrients. It's also a good source of protein and iron.

In this article, we'll share our favorite no knead whole grain bread recipe and provide tips for baking the perfect loaf.

Ingredients

- 3 cups whole wheat flour
- 1 cup white flour
- 1 teaspoon salt
- 1 teaspoon yeast
- 1 1/2 cups warm water

Instructions

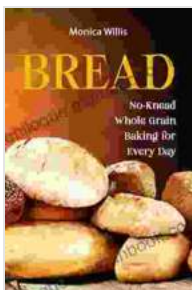
1. In a large bowl, whisk together the whole wheat flour, white flour, salt, and yeast.
2. Add the warm water and stir until a dough forms.
3. Cover the bowl with a damp cloth and let the dough rise in a warm place for 12-18 hours.

4. Once the dough has risen, punch it down and shape it into a loaf.
5. Place the loaf in a greased loaf pan and let it rise for another 1-2 hours.
6. Preheat the oven to 450 degrees Fahrenheit.
7. Bake the bread for 30-35 minutes, or until it is golden brown and crusty.
8. Let the bread cool completely before slicing and serving.

Tips

- For a chewier bread, use more whole wheat flour and less white flour.
- To add flavor to your bread, try adding herbs, spices, or dried fruit.
- If you don't have a loaf pan, you can bake the bread on a greased baking sheet.
- No knead bread can be stored at room temperature for up to 3 days.

No knead whole grain baking is a simple and convenient way to create delicious, wholesome bread for your family. With just a few simple ingredients and a little time, you can enjoy a taste of homemade bread that's both healthy and satisfying.



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