

# **Barley Breakfast Bread**

From the OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/breads/barley-breakfast-bread>

## **Ingredients**

- 1 cup plain yogurt
- 2 large eggs
- 1/4 cup lukewarm water
- 1 1/2 cups cooked whole barley
- 2 tsp. instant yeast
- 1 1/2 tsps. salt
- 2 Tbsp. butter
- 3 Tbsp. brown sugar or honey
- 4 1/4 cups white whole wheat flour
- 3/4 cup hi-maize natural fiber
- 1/4 cup dry milk or nonfat dry milk
- 1 Tbsp. vital wheat gluten

## **Instructions**

### **Mixing:**

1. Combine all of the ingredients, then mix and knead, using your hands, a stand mixer, or a bread machine to make a soft, slightly sticky dough. It'll seem dry at first, but as you knead the dough will soften up and become sticky. Adjust its consistency by adding more water or flour only after kneading for several minutes.

2. Transfer the dough to a lightly greased bowl, cover the bowl with lightly greased plastic wrap, and allow the dough to rise for 1 hour. It'll become somewhat puffy, but probably won't double in bulk.

### **Shaping:**

1. Divide the dough in half. Shape each half into a log, and place in two lightly greased 8 1/2" x 4 1/2" loaf pan.

2. Cover the pans with lightly greased plastic wrap, and allow the bread to rise till it's crowned about 1/2" over the rim of the pan, about 1 to 1 1/2 hours.

### **Baking:**

1. Bake the bread in a preheated 350°F oven for 30 to 35 minutes, or until its interior registers 190°F on an instant-read thermometer.

**Makes 2 loaves, 40 slices    Serving size: 1 slice    Nutrition information per serving:**

Calories: 70	Dietary Fiber: 3 g
Total Fat: 1.5 g	Sodium: 100 mg
Saturated Fat: .5 g	Protein: 3 g
Cholesterol:	Carbohydrates: 15 g

