

# Home Cooking with...



## **Honey-Whole Wheat Bread**

*3 cups stone-ground whole wheat flour or graham flour*  
*1/3 cup honey*  
*1/4 cup shortening*  
*1 tablespoon salt*  
*2 packages regular or quick active dry yeast*  
*2 1/4 cups very warm water (120°F to 130°F)*  
*3 to 4 cups flour*  
*Butter or margarine, melted, if desired*

**Total: 3 hr 10 min**

Prep: 35 min

Rise: 1 hr 50 min. - Bake: 45 min

2 loaves (16 slices each)

**Agents Name - (916) 123-4567**

1. Mix flour, honey, shortening, salt & yeast in large bowl. Add warm water. Beat with electric mixer on low speed 1 minute, then medium speed 1 minute, scraping bowl frequently. Stir in enough flour, 1 cup at a time, to make dough easy to handle.
2. Turn dough onto lightly floured surface. Knead about 10 minutes or until smooth and elastic. Place in greased bowl, cover & let rise in warm place 40 to 60 minutes or until double. Dough is ready if indentation remains when touched.
3. Grease bottoms & sides of 2 loaf pans, 9x5x3 or 8 1/2x4 1/2x2 1/2 inches.
4. Punch down dough and divide in half. Flatten each half with hands or rolling pin into rectangle, 18x9 inches, on lightly floured surface. Roll dough up tightly, beginning at 9-inch side, to form a loaf. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Press each end with side of hand to seal. Fold ends under loaf. Place seam side down in pan. Brush loaves lightly with butter. Cover and let rise in warm place 35 to 50 minutes or until double.
5. Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 375°F.
6. Bake 40 to 45 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove from pans to wire rack. Brush loaves with butter; cool.

# AGENTS NAME

*When your ready to bake in your own home or making a move to another, call me.*

**(916) 123-4567**

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