

Bread Recipe (Makes 9 small buns)

Ingredients:

1 tsp sugar (or honey)
1 Tbsp dry yeast
pinch of salt
2 Tbsp olive oil
1 cup warm water
2 cups whole wheat or spelt flour

Warm a large bowl with running tap water. Dissolve 1 teaspoon of sugar (or honey) and a pinch of salt in one cup of lukewarm (not hot) water. Sprinkle in 1 tablespoon of dry yeast and let it sit until the yeast bubbles and comes to the surface (about 10-20 minutes)

Mix in the oil and slowly add the flour until it comes together. The dough should still be soft and slightly sticky to touch.

Sprinkle some flour onto a clean work surface. Knead the dough for a few minutes. Folding in loose flour so that the dough is elastic but does not stick to your hands or the counter. It is better to start with dough that is too wet and to add flour later than to have it be too dry and to have to add more water later.

Place the dough in the center of the bowl and cover it with a cotton cloth to keep in the moisture. Let the dough rise in a warm place for about 1 hour until it nearly doubles in volume. After that time, press the dough down to release extra gas. The children really like to poke the dough in this stage! Then divide the risen dough in to small portions and it is ready use with your children.

Knead and form the dough into your desired shapes. Place them on a lightly oiled baking pan. Bake at 375F for 15-20 minutes (approximate time). The bread is done when golden so remove it from the baking sheets to cool. Enjoy it with butter or honey!



Variation:

You can add brown sugar with cinnamon, raisins or your favorite seeds to make cinnamon rolls with the dough.

