**Bread-in-a-Bag**

*For members in 7th and 8th grades only*

3¾ cups whole wheat flour  
¼ cup dry non-fat milk  
1 teaspoon salt  
1 tablespoon oil  
¼ cup honey  
2 packages dry yeast  
1½ cups warm water (105-115 degrees)  
4 cups plain flour

**DIRECTIONS:**  
Combine whole wheat flour, non-fat dry milk, and salt in a plastic bag (2-gallon heavy freezer bag). Add to bag oil, honey, dry yeast and warm water. Squeeze the upper part of bag to force out the air. Rest the bag on table; close top of bag tightly between thumb and index finger. Mix by working bag with fingertips until all ingredients are completely mixed.

Gradually add white flour, 1 cup at a time, until stiff dough is formed (about 3 cups total) – Dough will pull away from the sides of the bag.

Turn dough out onto floured surface and knead for 5-7 minutes or until dough is smooth and elastic. Add more flour if necessary. Shape into a ball.

Cover ball of dough with plastic bag and let rest for 10 minutes. Grease bread pans. Shape dough into 2 loaves. Brush loaves with oil and cover or place in plastic bag. Allow loaves to rise in a warm place for 45-60 minutes OR place loaves in a refrigerator overnight.

Uncover. Bake at 375° about 30 minutes or until it turns a deep golden brown. Remove from pan immediately. Cool on rack.

*Makes two 1¾ pound loaves.*