

MAPLE APPLE OATMEAL BREAD - From 'Sensible Cooking' Cookbook

4 cups warm water (115° - 120°)
1/2 cup canola oil
1/2 cup pure maple syrup
2 Tbsp maple flavoring
2 eggs (beaten)
3 Tbsp Saf instant yeast
2 Tbsp sea salt
3 Tbsp Kitchen Resource Dough Enhancer
3 cups high gluten bread flour
2 cups fresh ground whole wheat flour
Additional whole wheat flour will be needed
4 cups fresh diced apples
2 cups old fashioned rolled oats (oatmeal)

In Bosch mixer with dough hook, thoroughly mix ingredients from water through 2 cups wheat flour. Continue to add fresh ground whole wheat flour until dough pulls sides of bowl clean. Knead 5-6 minutes. Stop mixer and add fresh chopped apples. Continue kneading approximately 2-3 minutes on speed 1 to thoroughly mix. Form into 2 lb. loaves. Roll in rolled oats. Slash top with baker's blade or knife. Allow dough to rise until it is 2" above pan. Bake at 350° for 40 - 45 minutes. (Internal temperature of 210°*)

*This is a higher internal temperature than regular whole wheat bread because of the extra moisture from the apples.

When baking sweet breads or braids, it may be necessary to tent the top of the bread with foil the last 5 to 10 min. of baking to avoid over-browning.

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