

## YOGURT BREAD

### Sponge :

1 tsp. active dry yeast  
1/4 cup warm water  
3 cups whole wheat bread flour  
2 tsp. salt  
3 Tbsp. honey\*  
2/3 cup yogurt  
1/3 cup cold water

### To Make the Sponge:

Dissolve yeast in the 1/4 cup warm water. Mix the flour and the salt in a bowl and add the honey, yogurt and cold water, and dissolved yeast making a STIFF dough. Knead for 5 min. and set aside in a cool place, snugly covered to keep the dough from drying out, but with plenty of room in its container for the sponge to rise. Keep at room temperature for the shorter period, or in a very cool place if it will stand a full ten hours.

When you mix the sponge into dough, once again you have the choice whether to let it rise more or less quickly, depending on how warm the mixing water is and how warm you keep the dough. For dissolving the yeast, though, use warm water always.

### Dough:

1 tsp. yeast  
1 1/2 cups warm water  
1/4 cup oil  
3 cups whole wheat flour

Dissolve the yeast in warm water. Soften the sponge with the rest of the liquids and add the dissolved yeast and the remaining flour and knead the dough until soft and silky, about 15 min. Form the dough into a ball and place smooth side up in the bowl. Cover and keep warm in a draft free place. Let rise 1 hr. and flatten out and let rise again if you wish, about 1/2 hr. Shape into 2 loaves and let rise in a warm place (warm oven) until double, and bake at 350 degrees F. for 45 min. to 1 hour.

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