



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **Country Health Bread**

Makes 2 large loaves

1 cup water  
1 ¼ cup milk  
½ cup butter  
1/3 cup maple syrup

Heat until butter melts then set aside to cool to luke warm.

In the bowl of your stand mixer add:

2 cups wheat bran  
1 cup oatmeal  
2 cups all purpose flour  
2 tablespoons brown sugar  
2 tablespoons cinnamon  
1 tablespoon salt  
2 ½ tablespoons active dry yeast

Add cooled milk mixture and beat for 2 minutes with beater bar

Change beater bar for dough hook and slowly knead in 5 cups of all purpose flour - half cup at a time.

Hand knead dough a couple of turns then place in a buttered large bowl to raise until doubled in bulk.

Punch down, turn over and double again.

Punch down then shape into 2 loaves.

Allow to raise until doubled

Preheat oven 375°F

Bake loaves 45 minutes

Remove from oven, turn out of bread pans and cool on a rack.

**THE LOVE:** Give this heavy dough the time to raise.