

---

## Whole Grain Marquis Wheat Bread

---

### Ingredients

- 3 cups freshly ground, whole grain Marquis wheat flour
- 1 ½ cups warm water
- 2 tablespoons honey or sugar
- 1 packet active dry yeast
- 1 ½ teaspoons salt
- 2 tablespoons olive oil (or melted butter)

---

### Method

- In a large bowl, dissolve the honey (or sugar) in warm water. Sprinkle the yeast over the water and let it sit for about 5 minutes until foamy.
- Add the flour and salt to the yeast mixture and stir until the dough comes together.
- Knead the dough on a floured surface for about 8-10 minutes, until it's smooth and elastic.
- Place the dough in a lightly oiled bowl, cover it with a damp towel, and let it rise for about 1 hour or until it doubles in size.
- Punch down the dough, then shape it into a loaf and place it in a greased loaf pan.
- Cover again and let it rise for 30 minutes.
- Preheat the oven to 375°F (190°C). Bake the loaf for 30-35 minutes or until the top is golden and the loaf sounds hollow when tapped.
- Let it cool before slicing.

