

1.5 lb loaf of Buttermilk Wheat Bread (or medium loaf depending on your bread maker)

Ingredients:

1 ¼ cup Lowfat Buttermilk

1 ¼ T butter melted

¾ t salt

1 ¼ T Honey

1 ¼ T molasses

1 ¼ c white flour

2 cup whole wheat flour

1 ¼ T sugar

2 t vital wheat gluten

2 tsp yeast

Place all ingredients in your bread machine according to the machine's instructions

For most machines all wet ingredients go on the bottom + the salt (to keep it as far away from the yeast as possible) dry ingredients on top and then make a little divot and pour the yeast into it.

Set machine for whole wheat loaf

My machine beeps about 20 minutes in so that I check the dough and make sure it has mixed correctly and to give you an opportunity to scrape down the sides if needed. It should be in a ball but sticky to the touch. Too dry? Add a bit more buttermilk 1 T at a time. Too wet? Add flour 1 T at a time until you get the sticky ball!