



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Bread in a Bag\*

- 2 cups whole wheat flour
- 1 package rapid rise yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125-130° F)
- 3 tablespoons canola oil
- 1 cup all-purpose flour

1. Combine 1 cup of whole wheat flour, undissolved yeast, sugar, dry milk, and salt in a 1 gallon heavy duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Re-seal bag. Mix by working bag with fingers. Add remaining whole wheat flour; re-seal bag and mix thoroughly. Gradually add enough remaining all-purpose flour to make a stiff dough that pulls away from the bag.
3. Place dough on a floured surface; knead 2 to 4 minutes, or until smooth and elastic. Cover dough and let it rest for 10 minutes. Roll out dough to a 12x7 inch rectangle. Roll up from narrow end. Pinch to seal. Place in a greased loaf pan and let rise 20 minutes or until double in size. Bake at 375° F for 30 to 35 minutes or until brown.

### Variations:

**White Bread-** Use all-purpose flour for most or all of the whole-wheat flour.

**Breadsticks-** Add ½ cup rolled wheat or other rolled grain to bag after mixing in wheat flour. Gradually add enough all-purpose flour to make a stiff dough. Roll out dough in a rectangle ½ inch thick. Cut dough into strips ¾ inch wide. Twist strips while placing on baking sheet. Bake at 375° F for 15 minutes or until brown.

**Cinnamon Rolls-** After kneading allow dough to rest for 10 minutes. Roll dough into 12x7 inch rectangle on floured surface. Spread 2 tablespoons of soft-tub margarine on dough. Sprinkle with ½ cup brown sugar and 2 teaspoons cinnamon. Add ½ cup raisins

## Nutrition Facts

Serving Size: 1 slice (46g)

Servings: 24

Amount Per Serving

Calories 120      Calories from Fat 30

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 2g      **9%**

Sugars 3g

**Protein** 3g

Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

or chopped nuts if desired. Roll up dough and seal edges. Cut into 1 inch slices. Place in greased baking pan. Cover; let rise 20 to 30 minutes. Bake at 375° F for 20 to 25 minutes or until golden brown. Remove from pan. Makes 12 rolls.

**Rolls-** After kneading, allow dough to rest for 10 minutes. Roll out dough to ½ inch thickness. Use a round cookie cutter or biscuit cutter to make rolls. Place on greased cookie sheet and bake at 375° F for 12 to 15 minutes.

**Pizza Dough-** Change canola oil to olive oil. When adding the water and oil, mix in spices of your choosing such as: 1 teaspoon oregano, basil, red pepper flakes, and/or 1 tablespoon grated Parmesan cheese. After kneading, allow dough to rest for 10 minutes. Roll into circle or rectangle about ¼-inch thick. Add toppings of your choice. Bake at 375°F for 15-20 minutes.

*\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.*



TV Show

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