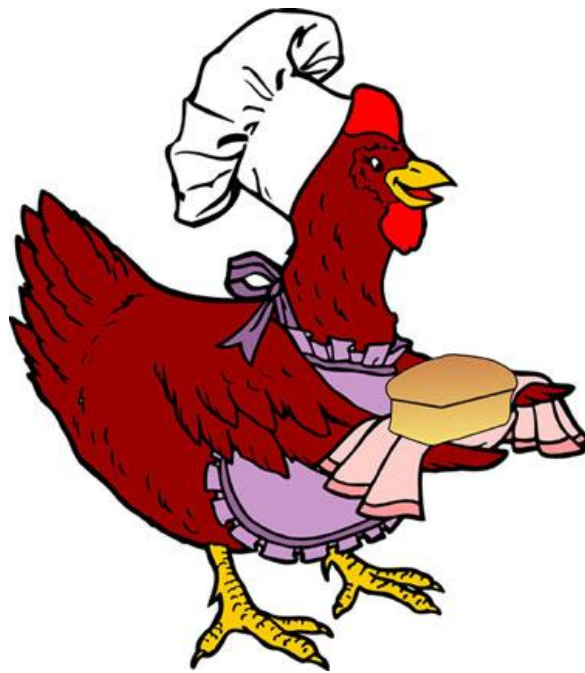


Child Nutrition & Wellness  
Kansas State Department of Education  
Presents



**Baking Bread with  
The Little Red Hen  
Lesson Plan**

---

This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- Sarah Malburg, *A Preschool Theme on Bread & Baking*, 6/6/2012.
- *Go Whole Grains*, Culinary Course, KSDE
- *Hearty Whole Grain Breads*, National Food Service Management Institute, The University of Mississippi.
- Alastair Bland, *What Makes Whole-Grain Bread So Hard to Bake?*, Smithsonian.com, 9-25-2013.
- USDA/FNS, *Whole Grains: Tips and Guidance for Moms (4-19-12)*
- *Recipe from America's Breadbasket*, Kansas Wheat Commission

---

This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

---



**Kansas State Department of Education**

Dr. Randy Watson  
Commissioner, 785-296-3202

Dale M. Dennis, Deputy Commissioner  
Fiscal & Administrative, 785-296-3871

Brad Neuenswander, Deputy Commissioner  
Division of Learning Services, 785-296-2303

**For further information, please contact:** Child Nutrition & Wellness, Kansas State Dept. of Education, Landon State Office Building, 900 SW Jackson Street, Suite 251, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, [www.kn-eat.org](http://www.kn-eat.org), Cindy L. Johnson, Training Coordinator, [cljohnson@ksde.org](mailto:cljohnson@ksde.org).

---

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education: KSDE General Counsel, Landon State Office Building, 900 SW Jackson Street, Suite 251, Topeka, KS 66612, (785) 296-3201.

---

# Making Bread with The Little Red Hen

## Learn It Live It Lesson Plan



### Objective:

- Children will learn how grain is grown and bread is baked.
- Children will see and taste whole grain bread.

### Supplies Needed:

- Little Red Hen story or check out the book from the library.
- Bread Baking Sequence cards for each child.
  - Or coloring sheet for younger children.
- Clear containers of whole wheat flour and white all purpose flour.
- Slice of whole wheat bread, slice of refined white bread.
- Wheat Kernel Talking Points and Picture
- ¼ square of whole wheat bread for each child with optional jelly or nut butter, napkins
- Optional ingredients and tools to make a home-size batch of bread if time and supplies are available.

### Listen and Learn Activity

- Read The Little Red Hen Story.
- At the end of the story, children act out each step the Little Red Hen took to make bread.
  - Planting seeds
  - Watering seeds
  - Cutting grain
  - Grinding grain
  - Mixing and baking bread
  - Slicing bread
  - Eating bread
- Review whole grain kernel talking points.
  - Show children the containers of whole wheat and white flour – mention that whole wheat flour is darker and has specs of bran. If possible, show children kernels of wheat.
  - Show children the slice of whole wheat bread and slice of refined, white, bread – point out the darker color of the whole wheat bread and the specs of bran in the bread.
- Talking Point: Whole kernels of wheat are used to make whole grain bread.

### **Hands and Feet Physical Activity: Role Play Making Bread**

- Show children a sequence card in baking bread and have them act out the sequence activity after viewing the card.
- Cards include:
  - Measuring – pretend to spoon flour into a measuring cup
  - Mixing – pretend to stir a big bowl of ingredients
  - Kneading – pretend to knead the bread dough
  - Proofing – use arms to pretend to be a ball of dough getting bigger, pretend to put dough into pans
  - Baking – pretend to open the oven door, put in the pans of bread and close the oven door.
  - Slicing – pretend to take the bread out of the oven and slice using slicing hand motions
  - Eating – pretend to eat the bread – cheer!
- Added suggestion: If supplies and time are available, make a loaf of whole wheat bread or rolls. Demonstrate mixing bread ingredients. After bread proofs, allow students to knead portions of the dough. Once baked, allow students to taste test bread.

### **Hands-On Activity**

- Give each child a set of bread baking sequence cards and ask them to line them up in the correct order. (Can also do as a group.) Or
- Have younger children color a picture of Little Red Hen with red crayons.

### **Try and New Taste Activity**

- Provide each child with ¼ slice of whole wheat bread (optional added jelly or nut butter.)

### **Take Home Message**

- Send Whole Grain Bread Take Home Message with parents.
- Send copy of NSFMI Hearty Whole Grain Breads handout.

## **Adapting the Lesson Plan for CACFP Adults**

### **Supplies Needed:**

- Little Red Hen Story
- Wheat Kernel talking points
- Bread baking sequence cards
- Adult Take Home Message
- ¼ square of whole grain bread for each participant with jelly or nut butter

### **Listen and Learn Activity**

- Using the Wheat Kernel talking points, describe the difference between whole wheat and all-purpose flour. Show examples.
- Ask participants to discuss their own experiences with bread baking.
- Read the Little Red Hen Story
- Ask participants if they read this story to their children.

### **Hand and Feet Physical Activity**

- Read the Little Red Hen story again asking participants to act out each step.
- Participants may stand or stay seated.

### **Hands-On Activity**

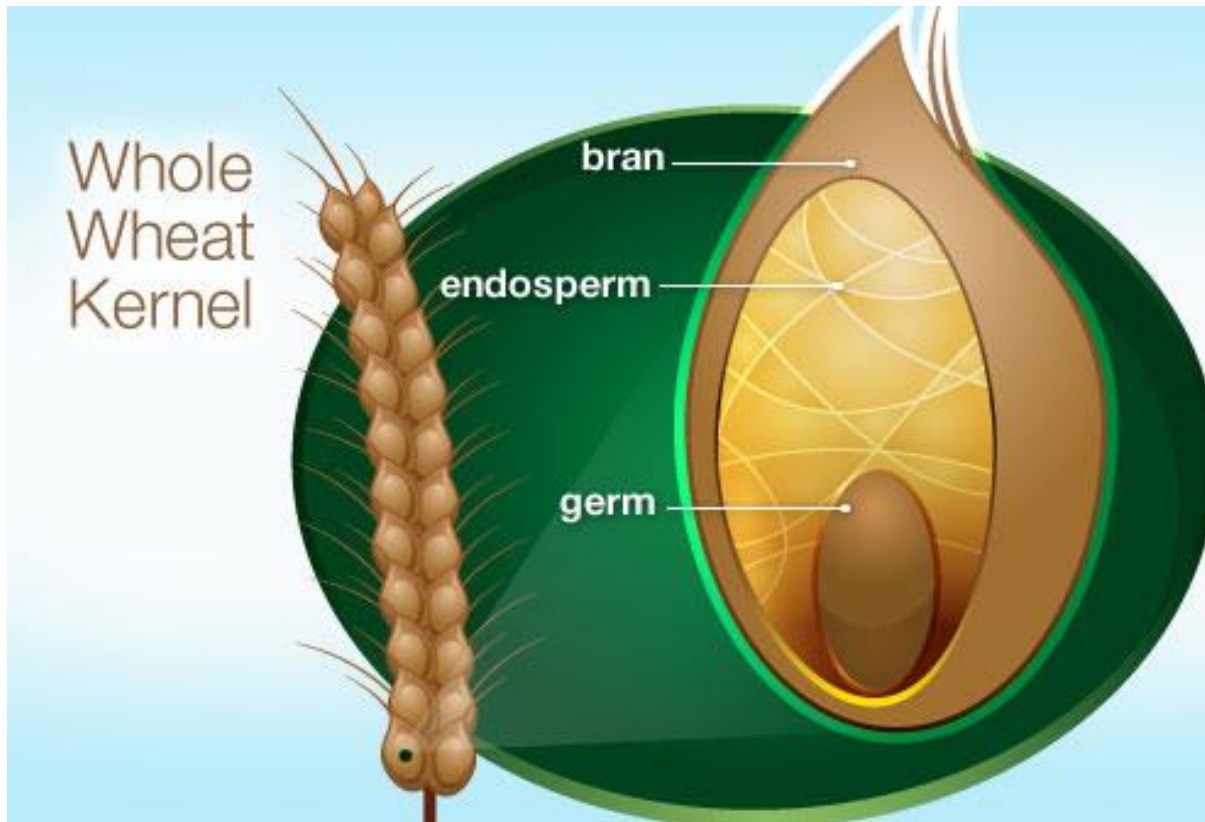
- Provide participants with bread baking sequence activity cards and ask them to arrange them in the correct bread-baking order.

### **Try and New Taste Activity**

- Provide each participant with ¼ slice of whole wheat bread (optional added jelly or nut butter.)

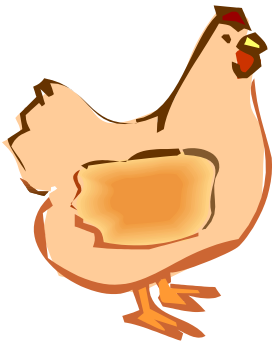
### **Take Home Message**

- Whole Grain Bread Take Home Message



### Talking Points

- Bread is made from flour. (Show children jar of whole wheat and white flour.)
- Flour is made from kernels of wheat. (Show children kernels of wheat if available.)
- This picture is a kernel of wheat.
- Whole wheat flour is made by grinding the whole kernel of wheat.
- Many of these whole wheat kernels are ground up to make whole wheat flour.
- Whole grain flour has the vitamins and minerals from all three parts of the wheat kernel.
- Whole grain bread gives us energy and keeps us strong.
- Eat half of grains as whole grains.



# The Story of The Little Red Hen

Once upon a time, a lamb, a cat, a pig, and a little red hen lived on an old farm on a flowery hill surrounded by fields of golden wheat. One day, the Little Red Hen found some grains of wheat scattered in the barnyard. "Look what I've found!" she said to the other animals. "Who will help me plant these grains of wheat?"

"Not I!" said the lamb.

"Not I!" said the cat.

"Not I!" said the pig.

"Then I'll do it myself," said the Little Red Hen. And so she did. She knew that seeds need water to grow tall and strong. "Who will help me water these seeds?" asked the Little Red Hen.

"Not I!" said the lamb.

"Not I!" said the cat.

"Not I!" said the pig.

"Then I'll do it myself," said the Little Red Hen. And so she did. The Little Red Hen watered the soil and waited patiently for the wheat to grow. When the wheat was tall and golden, she knew it was ready to be cut. "Who will help me harvest the wheat?" asked the Little Red Hen.

"Not I!" said the lamb.

"Not I!" said the cat.

"Not I!" said the pig.

"Then I'll do it myself," said the Little Red Hen. And so she did. The Little Red Hen's basket was soon filled with wheat. "Who will help me take the wheat to the mill to be ground into flour?" asked the Little Red Hen.

"Not I!" said the lamb

"Not I!" said the cat.

"Not I!" said the pig.

"Then I'll do it myself," said the Little Red Hen. And so she did. The kind miller ground the wheat into powdery, velvety flour, and the Little Red Hen carried it home in a rough brown sack. "Who will help me make this flour into bread?" asked the Little Red Hen.

"Not I!" said the lamb.

"Not I!" said the cat.

"Not I!" said the pig.

"Then I'll do it myself," said the Little Red Hen. And so she did. The Little Red Hen mixed the flour into sticky dough and kneaded it into a smooth loaf. "Who will help me put this bread into the oven to bake?" asked the Little Red Hen.

"Not I!" said the lamb.

"Not I!" said the cat.

"Not I!" said the pig.

"Then I'll do it myself," said the Little Red Hen. And so she did. The kitchen filled with the delicious scent of baking bread, and the other animals came to see what was happening. The Little Red Hen took the warm, crusty loaf out of the oven, and set it on the table. "Who will help me eat this fresh, tasty bread?" asked the Little Red Hen.

"I will!" said the lamb.

"I will!" said the cat.

"I will!" said the pig.

"No, you will not," said the Little Red Hen. "You didn't help me plant it, or water it, or harvest it, or mill it, or bake it. I shall eat it myself!" And so she did.

"Oh me!" said the lamb.

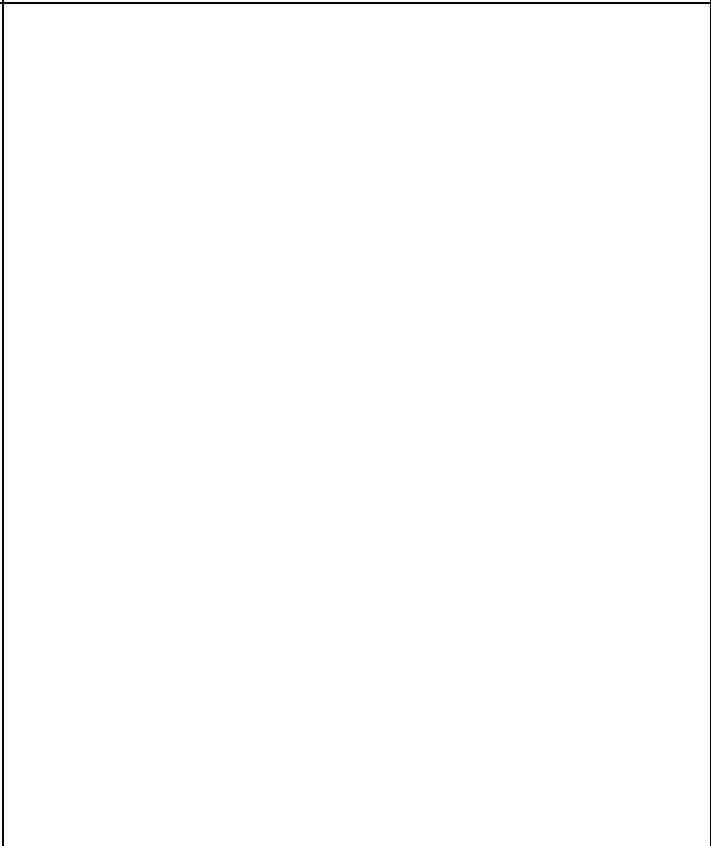
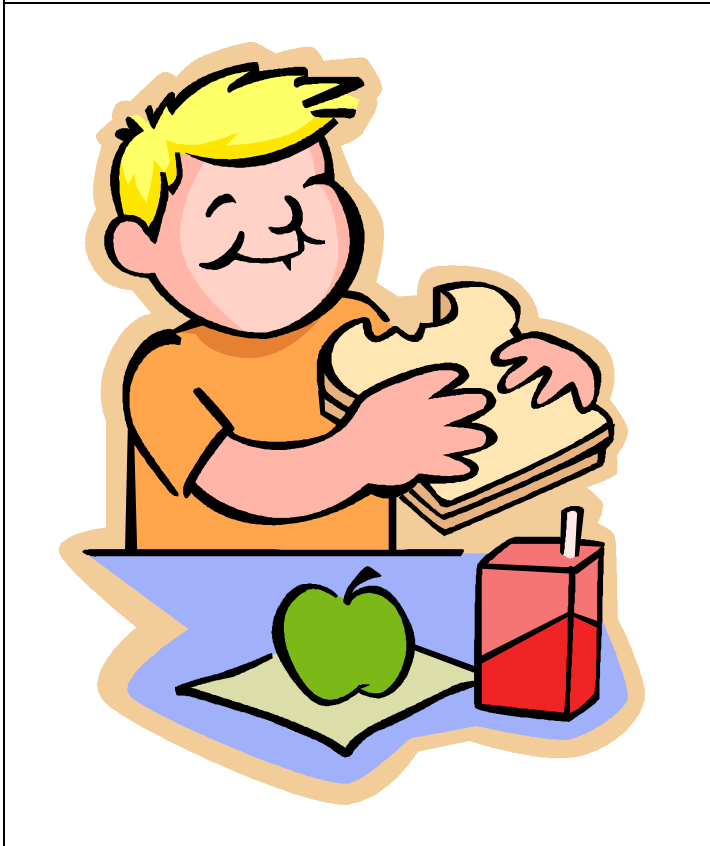
"Oh my!" said the cat.

"Oh me, oh my!" said the pig.

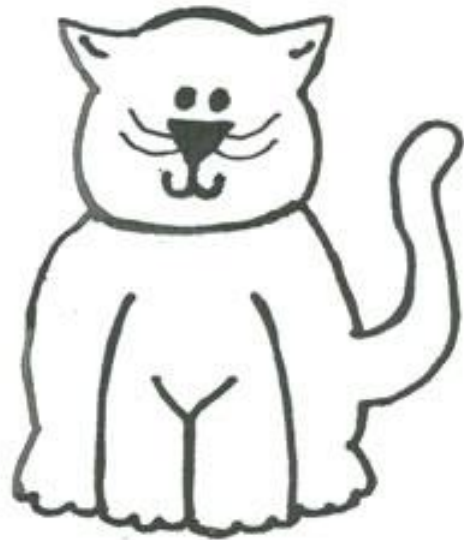
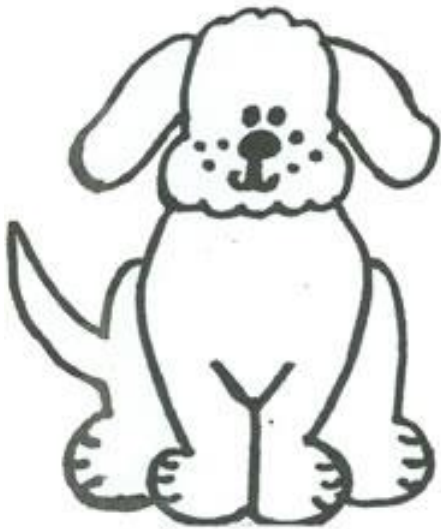
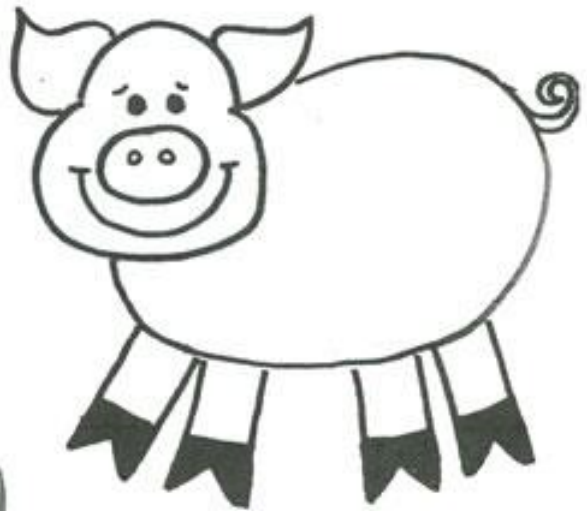
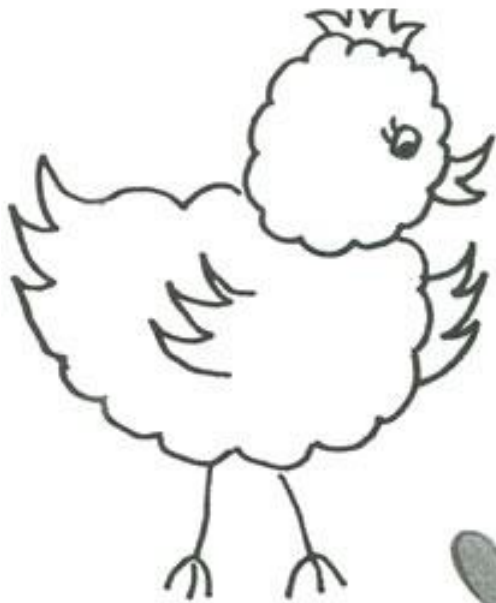
The next time the Little Red Hen found some grains of wheat, the lamb planted it in the rich, brown soil, the cat watered it carefully every day, and the pig harvested the wheat when it had grown tall and strong. When the dough was baked, together the animals made hot chocolate and ate the fresh, warm bread. It was delicious! The animals lived happily ever after, cooperating and helping every day.

(The Story Bus, [http://www.storybus.org/stories\\_and\\_activities/the\\_little\\_red\\_hen/story](http://www.storybus.org/stories_and_activities/the_little_red_hen/story))





# Little Red Hen



# Whole Grain Bread Take Home Message

(for Child Care)

Dear Parents,

We learned how the Little Red Hen grew grain and made bread. We also practiced the steps in making bread today and learned the difference between whole wheat flour and refined, white, flour. **We learned that whole wheat flour is made with the entire kernel of wheat providing vitamins and minerals.**

## Types of Whole Wheat Flour

### Red Whole Wheat Flour.

For many years, all we had when it came to whole wheat flour was red whole wheat. This results in brown-tinted flour and products with a stronger taste. Some consumers prefer this texture and flavor. Children, however, often prefer products that have a milder flavor.

### White Whole Wheat Flour

We have a white whole wheat flour available now. It is still whole wheat. It is just made from white wheat instead of red wheat. The flour has a lighter color and texture and a milder or sweeter taste so many people, especially kids, like it a lot more. It looks and tastes more like the white bread they are used to eating. It is nutritionally equal to the traditional red whole wheat though so there is no reason not to use it. White whole wheat flour is now sold in most grocery store chains.

## Tips for Baking with Whole Wheat Flour

- Store whole wheat flour in a sealed container in the freezer or refrigerator. The germ in the flour contains fat and the flour can become rancid over time. Let the whole wheat flour warm to room temperature before mixing with other ingredients.
- Baked good can be made with all whole wheat flour but those products will have a more course texture. Lighter products can be made using one half the flour in the recipe from whole wheat and half from refined, all-purpose, white flour.
- When baking yeast breads, add a little extra water and do not knead as long. Whole wheat dough should be a little tacky instead of the smooth dough you would expect with refined flour. Allow the dough to proof a little longer. Gluten flour (sometimes called vital gluten) or an extra egg can be added to allow more gluten development and a higher, airier, loaf of bread.
- When making quick breads, do not over-mix the batter or the batter so the texture of the bread will be tender. Adding chopped fruit to breads, muffins and pancakes adds to the flavor of whole grain breads.

## Tips for Adding Whole Grain Breads to Meals and Snacks

- Spread a whole-grain pita with low-fat cottage cheese and stuff it with chopped veggies. Warm and serve!
- Top a whole-grain tortilla or English muffin with fresh tomato slices, low-fat cheese, leftover chicken or other lean meat and pizza spices. Heat and serve! Spread 1 tablespoon of peanut butter on a slice of 100% wholegrain bread or whole-grain tortilla. Add ½ of a banana and roll it up.
- Place one slice of low-fat cheese on a whole-wheat tortilla. Add chopped onions, peppers or other colorful veggies and microwave (45-60 seconds) until the cheese melts.
- Use ½ whole-wheat flour and ½ all-purpose flour when making pancakes or muffins.
- Top a toasted piece of whole-grain bread with cinnamon, ½ teaspoon of sugar and applesauce.

# Whole Grain Banana Bread

**(America's Breadbasket)**

**Makes 1 loaf, 16 slices**

## **Ingredients:**

1 cup white whole wheat flour  
¾ cup all-purpose flour  
1 cup granulated sugar  
1 teaspoon baking soda  
½ cup chopped nuts (optional)  
1-1/4 cups mashed very ripe bananas (3 medium)  
¼ cup butter or margarine softened  
¼ cup unsweetened applesauce  
2 large eggs, beaten  
1 teaspoon vanilla extract  
2 tablespoons low-fat buttermilk

## **Instructions:**

1. Preheat oven to 350°F. Lightly spray loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together white whole wheat flour, all-purpose flour, sugar, baking soda and walnuts.
3. In a medium bowl, whisk together bananas, butter or margarine, applesauce, eggs, vanilla and buttermilk.
4. Add banana mixture to flour mixture; stir ingredients together just until combined. Do not over mix batter. Spread batter into pan.
5. Bake on middle oven rack 60 to 65 minutes, or until wooden pick inserted in center comes out clean. Check doneness by inserting a thermometer in center of loaf (205°-210°F). Cook 5 minutes; loosen sides of bread using a knife. Remove bread from pan to cooling rack. Cool completely, about 1 hour, before slicing.

## **Whole Grain Bread Take Home Message**

(for Adult Care)

**Whole wheat flour is made with the entire kernel of wheat providing additional vitamins and minerals. Half of grains should come from whole grains.**

### **Types of Whole Wheat Flour**

#### **Red Whole Wheat Flour.**

For many years, all we had when it came to whole wheat flour was red whole wheat. This results in brown-tinted flour and products with a stronger taste. Some consumers prefer this texture and flavor. Children, however, often prefer products that have a milder flavor.

#### **White Whole Wheat Flour**

We have a white whole wheat flour available now. It is still whole wheat. It is just made from white wheat instead of red wheat. The flour has a lighter color and texture and a milder or sweeter taste so many people, especially kids, like it a lot more. It looks and tastes more like the white bread they are used to eating. It is nutritionally equal to the traditional red whole wheat though so there is no reason not to use it. White whole wheat flour is now sold in most grocery store chains.

### **Tips for Baking with Whole Wheat Flour**

- Store whole wheat flour in a sealed container in the freezer or refrigerator. The germ in the flour contains fat and the flour can become rancid over time. Let the whole wheat flour warm to room temperature before mixing with other ingredients.
- Baked good can be made with all whole wheat flour but those products will have a more course texture. Lighter products can be made using one-half the flour in the recipe from whole wheat and half from refined, all-purpose, white flour.
- When baking yeast breads, add a little extra water and do not knead as long. Whole wheat dough should be a little tacky instead of the smooth dough you would expect with refined flour. Allow the dough to proof a little longer. Gluten flour (sometimes called vital gluten) or an extra egg can be added to allow more gluten development and a higher, airier, loaf of bread.
- When making quick breads, do not over-mix the batter or the batter so the texture of the bread will be tender. Adding chopped fruit to breads, muffins and pancakes adds to the flavor of whole grain breads.

### **Tips for Adding Whole Grain Breads to Meals and Snacks**

- Spread a whole-grain pita with low-fat cottage cheese and stuff it with chopped veggies. Warm and serve!
- Top a whole-grain tortilla or English muffin with fresh tomato slices, low-fat cheese, leftover chicken or other lean meat and pizza spices. Heat and serve!
- Spread 1 tablespoon of peanut butter on a slice of 100% wholegrain bread or whole-grain tortilla. Add ½ of a banana and roll it up.
- Place one slice of low-fat cheese on a whole-wheat tortilla. Add chopped onions, peppers or other colorful veggies and microwave (45-60 seconds) until the cheese melts.
- Use ½ whole-wheat flour and ½ all-purpose flour when making pancakes or muffins.
- Top a toasted piece of whole-grain bread with cinnamon, ½ teaspoon of sugar and applesauce.

# Whole Grain Banana Bread

**(America's Breadbasket)**

**Makes 1 loaf, 16 slices**

## **Ingredients:**

1 cup white whole wheat flour  
¾ cup all-purpose flour  
1 cup granulated sugar  
1 teaspoon baking soda  
½ cup chopped nuts (optional)  
1-1/4 cups mashed very ripe bananas (3 medium)  
¼ cup butter or margarine softened  
¼ cup unsweetened applesauce  
2 large eggs, beaten  
1 teaspoon vanilla extract  
2 tablespoons low-fat buttermilk

## **Instructions:**

1. Preheat oven to 350°F. Lightly spray loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together white whole wheat flour, all-purpose flour, sugar, baking soda and walnuts.
3. In a medium bowl, whisk together bananas, butter or margarine, applesauce, eggs, vanilla and buttermilk.
4. Add banana mixture to flour mixture; stir ingredients together just until combined. Do not over mix batter. Spread batter into pan.
5. Bake on middle oven rack 60 to 65 minutes, or until wooden pick inserted in center comes out clean. Check doneness by inserting a thermometer in center of loaf (205°-210°F). Cook 5 minutes; loosen sides of bread using a knife. Remove bread from pan to cooling rack. Cool completely, about 1 hour, before slicing.

## Hearty Whole Grain Breads

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation’s children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

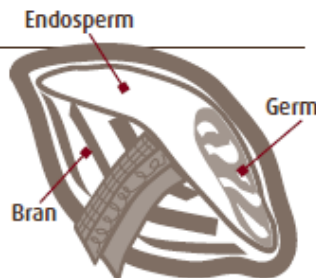


### Whole Grains include:

- Dehulled barley
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Whole corn and popcorn
- Whole millet
- Whole oats and old fashioned and quick-cooking oatmeal
- Whole quinoa
- Whole rye
- Whole sorghum
- Wild rice
- Whole triticale
- Whole wheat

### What are whole grains?

Whole grains, or foods made from them, consist of the entire grain seed, usually called the kernel. The kernel is made of three components—the bran, the germ, and the endosperm. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same balance of nutrients that are found in the original grain seed.



### Why do children need to eat more whole grains?

- Whole grains are full of flavor and add texture to our diets. They provide an abundance of fiber and nutrients such as riboflavin, thiamin, niacin, folate, vitamin E, iron, magnesium, and zinc.
- The USDA's *Dietary Guidelines for Americans, 2005* recommends that children and adolescents consume whole grain products such as brown rice, oatmeal, and whole wheat products often and at least half the grains should be whole grains.
- Whole grain foods have many health benefits and are good for the whole family. The consumption of whole grains reduces the risk for heart disease and cancer and may improve blood-glucose control in people with diabetes. Eating oatmeal may help reduce cholesterol levels.

### How can you get your children to eat more whole grains?

Whole grains may be eaten whole, cracked, split, or ground. They can be milled into flour or used to make breads, cereals, and other processed foods.

- Start introducing whole grains when children are young.
- Combine whole grains with familiar refined grains if children are not accustomed to eating whole grain foods.
- Serve whole grain breakfast cereals, pancakes, and waffles.
- Use whole wheat bagels, tortillas, and pita pockets.
- Prepare sandwiches using whole grain breads or rolls.
- Expand your grain repertoire with whole grain complements - such as brown rice, wild rice, and bulgur.
- Choose whole grain pastas.
- Feature whole grains such as wild rice or barley in soups, stews, casseroles, and salads.
- Toast grains to bring out their nutty flavor before adding them to recipes.
- Prepare pizza with a whole wheat crust.

### Resources

Wheat Foods Council – [www.wheatfoods.org](http://www.wheatfoods.org)  
USDA, *Inside the Pyramid, What foods are in the grain group?*, [mypyramid.gov/pyramid/grains.html](http://mypyramid.gov/pyramid/grains.html)  
Whole Grains Council – [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)  
Kansas Wheat Commission – [www.kswheat.org](http://www.kswheat.org)

For more information, visit us on the Web at [nfsmi.org](http://nfsmi.org)

National Food Service Management Institute  
The University of Mississippi  
6 Jeanette Phillips Drive  
Post Office Drawer 188  
University, Mississippi 38677-0188  
800-321-3054 · [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)



## Honey Whole Wheat Bread\*

Yield: 3 loaves, 48 slices

3 packages	Dry active yeast
$\frac{3}{4}$ cup	Warm water (105 °F to 115 °F)
$\frac{1}{2}$ cup	Honey
$\frac{3}{8}$ cup	Shortening
1 $\frac{1}{2}$ Tablespoons	Salt
2 $\frac{1}{2}$ cups	Warm water
4 $\frac{1}{2}$ cups	Whole wheat flour
4 $\frac{1}{2}$ cups	All-purpose flour

1. Dissolve yeast in  $\frac{3}{4}$  cup warm water in large mixing bowl. Stir in honey, shortening, salt, 2  $\frac{1}{2}$  cups warm water, and whole wheat flour. Beat until smooth. Mix in enough all-purpose flour to make dough easy to handle.
2. Turn dough onto lightly-floured surface; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. (Dough is ready if indentation remains when touched.)
3. Punch down dough; divide into thirds. Flatten bread dough with hands and form into loaves.
4. Place loaves, seam sides down into greased loaf pans. Brush with margarine, if desired. Let rise until double, about 1 hour.
5. Heat oven to 375 °F. Bake until loaves are deep golden brown and sound hollow when tapped, 40 to 45 minutes. Remove from pans; cool on wire rack.

## Nutrition Facts

Serving Size 1 slice	
Servings Per Container 48	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Mockingbird Bakery Multigrain Bread\*

Yield: 3 loaves, 48 slices (1  $\frac{1}{2}$  ounces each)

1 cup	Nine-grain blend*	3 tablespoons	Canola oil
	soaked in 1 cup water	2 tablespoons	Brown sugar
$\frac{3}{4}$ cup	Raisins	1 teaspoon	Molasses
$\frac{3}{4}$ cup	Orange juice	2 packages	Dry active yeast
3 cups	Bread flour	1 cup	Water
1 $\frac{1}{2}$ cups	Whole wheat flour	1 cup	Walnuts,
$\frac{1}{2}$ cup	Rye flour		chopped, optional
2 teaspoons	Salt		

1. Overnight, soak the nine-grain blend in water and the raisins in orange juice. Drain the raisins just prior to mixing into the dough.
2. Combine in a mixer bowl bread flour, whole wheat flour, rye flour, salt, oil, brown sugar, molasses, yeast, water, and soaked nine-grain. Blend for 4 minutes at a low speed with a dough hook.
3. Add soaked, drained raisins and walnuts (optional) and continue to mix for 2 minutes at high speed.
4. Place the dough in a 2-quart bowl. Cover and let rise in a warm location until doubled, about 4 hours.
5. Using a dough scraper or spatula, scrape the dough onto a floured surface. Form into loaves. Allow to double again, about 2 hours.
6. Bake in 400 °F oven for 45 minutes or until 200 °F in center of loaf.
7. Remove the bread from the oven and let cool on a wire rack.

## Nutrition Facts

Serving Size 1 slice	
Servings Per Container 48	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

\*Purchase 7, 8, or 9 grain cereal at your grocery or natural food store.

\*These recipes have not been standardized for use in child nutrition programs.