

whole wheat whey bread

Makes 2 loaves

RECIPE ADAPTED FROM: [Delishably](#)

PREP TIME: 2 hours

COOK TIME: 40-45 minutes

2 cups whey*

1 Tbsp honey

2¼ tsp or 1 packet dry active yeast

1 tsp salt

4 cups whole wheat flour

***You can obtain whey by straining homemade or store-bought yogurt. A 32-oz container of plain yogurt should yield about 2 cups of whey.**

If you don't have whey, you can substitute 2 cups of water.



WARM whey in the microwave for 1-1 ½ minutes or until it reaches 100-110°F.

STIR honey and yeast into warm whey. Pour whey into a large bowl and add salt and flour. *You do not need to wait until the yeast activates to add the flour.*

GENTLY mix ingredients with a wooden spoon until just combined. *Do not knead dough at this point.*

COVER bowl with a damp kitchen towel and let the dough rise for 2 hours or until doubled in size.

REARRANGE the racks in your oven so that one rack is at the very bottom and the other is in the center.

PREHEAT oven to 375°F.

WHILE the oven is pre-heating, turn dough onto a lightly floured surface. Cut into two equal-sized dough balls. Flour your hands and knead the dough into balls by constantly turning the sides under.

Don't over-knead the dough; you only need to knead the dough for a few minutes.

PLACE dough into greased loaf pans.

ONCE oven is heated, place a baking pan on the bottom rack and fill with water. The water will turn into steam which will help the bread retain moisture while giving it a crisp, crunchy crust. *Add more water if it all evaporates before the bread is done.*

BAKE for 20-25 minutes. Cover bread with aluminum foil and allow to cook for another 20-25 minutes or until the outside is brown and crusty and there is a hollow sound when you tap on the top. The bread is done when it reaches an internal temperature of 190-210°F measured with an instant read thermometer.

REMOVE from oven and let cool for 10-15 minutes. Unmold by turning the loaf pan on its side. The bread should fall out but if it doesn't run a knife along the sides of the pan.

LET completely cool before slicing.

STORE at room temperature in a cool, dry place for 2-3 days or wrap well and store in the fridge for 1-2 weeks or the freezer for 2-3 months.