

Breadmaker Loaves

Using the Black and Decker **single paddle vertical bread machine**

Yield: 1 loaf

500 ml	warm water	2 cups
1000 ml	Multi-purpose flour blend	4 cups
15 ml	quick rise yeast	1 Tbsp
45 ml	sugar	3 Tbsp
5 ml	salt	1 tsp

1. Measure and pour the water into the baking chamber.
2. Add the flour blend, yeast, sugar and salt.
3. Set to whole grain.
4. Start to machine. When the first mix begins, scrap the dough away from the sides of the chamber.
5. Complete baking and remove from the baking chamber.
6. Cool completely before slicing.



Per slice: 90 calories, 3 g fat, 0.4 g saturated fat, 0 mg cholesterol, 150 mg sodium, 15 g carbohydrate, 3 g fiber, 1

Using the Black and Decker **double paddle horizontal bread machine**

Yield: 1 loaf

625 ml	warm water	2 1/2 cups
1250 ml	Multi-purpose flour blend	5 cups
15 ml	quick rise yeast	1 Tbsp
45 ml	sugar	3 Tbsp
5 ml	salt	1 tsp

1. Measure and pour the water into the baking chamber.
2. Add the flour blend, yeast, sugar and salt.
3. Set to 2.5 lb, dark.
4. Start to machine. When the first mix begins, scrap the dough away from the sides of the chamber.
5. Complete baking and remove from the baking chamber.
6. Cool completely before slicing.

