



100% Whole Wheat Bread Lotus Rust

Into a bowl put:

1 qt. Warm water

¼ c. dry yeast

1 Tsp. Honey

4 c. 100% whole wheat flour

Mix together; and let rise twice. Stirring down sponge each time. Add in the order given.

3 c. 100% whole wheat flour

1 Tbsp. Salt

4 Tbsp. Honey or date sugar

2 Tbsp. Lecithin or ¼ c. oil

4-4 ½ c. more whole wheat

Don't add too much flour, just enough to make a soft dough. Knead a little. Shape into loaves. Let rise until double. Bake at 350 degrees for 45-50 minutes.