

Treat Time

Approximate Time: 10 minutes (not including prep and bake time)

Honey Wheat Bread

(Frozen bread loaves can be purchased and prepared as directed on the package.)

Prep Time: 15 minutes

Raise and Bake Time: 2 1/2 hours

2 cups scalded milk cooled to 110 degrees F
2 cups whole wheat flour
1 yeast cake (or 1 package dry yeast)
1 teaspoon salt
1/3 cup honey
1/3 cup melted butter (or vegetable oil)
5 cups all-purpose flour



Dissolve yeast in warm water. Add honey and stir well. Mix in whole wheat flour, salt, and melted butter. Add all-purpose flour in gradually. Knead dough for 10 minutes. When dough is smooth and elastic, place it in a well oiled bowl. Turn the dough several times in the bowl to coat the surface. Cover with a damp cloth. Let rise in a warm place until doubled in bulk, about 45 minutes.

Punch down the dough. Let children shape into loaves, and place into well greased loaf pans (makes two large or six small loaves). Rise until dough is 1 to 1 1/2 inches above pans.

Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes.

Treat Time: Slice warm bread and serve with your fresh churned butter (and jam or honey if desired) just like Joseph Smith's family did.

Closing Prayer and blessing on the food:

Music Video: Watch *The Animated Book of Mormon Music Video, I'll Ask in Faith* (also available online), while you eat your bread and butter.