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## Amazing Whole Wheat Bread Recipe

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One of the [mistakes](#) <sup>[1]</sup> that beginning preppers make is to not use their stored food supply. It's easy to forget when food is stored out of sight. Make a point to go to your storage area once a month to inventory supplies and bring the food stuffs that are nearing expiration.

Those of you who have stored flour know that it expires more quickly than storing wheat berries. Therefore, to prevent [bug infestations](#) <sup>[2]</sup> and expiration dates, begin using your stored flour.

Here is a simple bread recipe that can be used. It's mellow and sweet; and is the best tasting wheat bread recipe I have found.



**Simple Wheat Bread**

- 5 c. wheat flour (or 2 c. white flour and 3 c. whole wheat)
- 2 c. water (at 100 degrees)
- 1/3 c. sugar
- 1/3 c. honey
- 3 tbs. olive oil
- 4 tsp. yeast

(makes 2 loaves)

### Instructions

Stir in yeast to water in a small bowl and set aside to allow yeast to activate.

Mix the rest of ingredients in a bowl except for flour.

When all ingredients are mixed, throw flour in and yeast/water on top and mix thoroughly.

Allow bread to rest and rise for about 2 hours (I use my microwave).

After bread has risen, punch bread down and knead dough about 2 minutes. Shape dough to form 2 loaves.

Allow bread to rest in oven for another hour. Hint\* – Placing bread in oven with a bowl of hot water helps the dough rise faster.

Cook bread at 400 degrees for 30 minutes.

Once the bread is removed from the oven, allow to cool for 10 minutes and enjoy!

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[1] mistakes: [http://readynutrition.com/resources/8-mistakes-made-by-first-time-preppers\\_25042011/](http://readynutrition.com/resources/8-mistakes-made-by-first-time-preppers_25042011/)

[2] bug infestations: [http://readynutrition.com/resources/meet-your-emergency-foods-worst-enemies\\_06042011/](http://readynutrition.com/resources/meet-your-emergency-foods-worst-enemies_06042011/)

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