



After the resurrection of Jesus, as told in Luke 24:30-31, we find that the disciples didn't recognize Jesus until He broke bread. Perhaps then they remembered the words Jesus spoke in John 6:35: "I am the bread of life. He who comes to Me shall never hunger..."

## YOU WILL NEED:

- 1 Large Bowl
- Wooden Spoon
- Bread Pan
- Non-stick Oil Spray
- Measuring Cup
- Measuring Spoons
- Oven ⚠

## Ingredients for Bread:

- 1 package dry active yeast (1 tablespoon)
- 1½ cups warm water (105-115 degrees)
- 1 tablespoon honey
- 1 teaspoon salt
- 1¾-2 cups whole wheat flour
- 1¾-2 cups unbleached white flour



## DIRECTIONS:



1. Place ¼ cup warm water and yeast in the bowl. Mix with the wooden spoon. Stir in honey.



2. Add the rest of the water and the salt.



3. Stir in one cup of the whole wheat flour, then add a little more flour (either kind) until it forms a soft ball and it's not wet.



4. Knead or fold the bread over on itself until it gets hard to knead – about 1 minute. If the dough is too sticky, sprinkle a little unbleached flour over it while kneading.



5. Spray the bread pan. Form the dough into a loaf and put it in the pan. Let it rise for an hour or until doubled in size.



6. Bake it at 350 degrees for about 25 minutes or until golden. If you tap the top of the loaf, it should sound hollow. (Tapping the top can be done by an adult while bread is still in oven or by the child if the bread is removed for checking.)



Adult assistance is suggested.