



**NICHOLS
LIVERPOOL**

Maple Molasses Oatmeal Bread

1 c. scalded milk
2 tbs shortening or margarine
2 tsp salt
½ c. molasses & ½ c. maple syrup mixed
1 c. cold water
½ c. warm water (105 – 15* F.)
1 package active dry yeast
1½ c. uncooked oatmeal
5 c. sifted flour

Mix milk, shortening, salt, and molasses mixture, stir in cold water, and cool to lukewarm. Pour warm water into a warm very large bowl, sprinkle in yeast and stir to dissolve. Add cooled mixture, oatmeal, and 4 cups of flour and kneed on a lightly floured board until elastic, 5-6 minutes. Shape into a ball, place in a greased bowl, turning to grease all over. Cover with cloth and let raise in a warm, draft-free place until doubled in bulk, about 1½ hours. Punch down and kneed lightly 1-2 minutes. Divide dough in half, shape into 2 loaves, and place in greased 9"x5"x3" loaf pans. Cover and let rise until almost doubled in bulk. Toward end of rising

preheat oven to 375* F.* Bake loaves 40 minutes until browned and hollow sounding when tapped. Turn out and cool upright on a wire rack before cutting. About 110 calories per slice.

- Brush tops of risen loaves with beaten whole egg and sprinkle with oatmeal.
- Add 1 or 2 eggs for a richer dough. Add a little more flour if eggs are added.
- For faster rising dough. Increase yeast to 1½ packets - 1½ tablespoons.