



## HEALTHY TRINI WHOLE WHEAT BREAD

CKD-friendly whole grain bread recipe that minimizes potassium and phosphorus while still offering flavor and texture

 40 minutes 1 hour and 40 minutes 11.9 portions

## INGREDIENTS

- 2 cups of wheat flour, white, all-purpose, unenriched (250 g)
- 1 cup of wheat flour, whole-grain (120 g)
- 1 cake (0.6 oz) of leavening agents, yeast, 1 packet (17 g)
- 1/2 tsp of salt, Himalayan (3 g)
- 1.25 cups (16.9 fl oz) of spring Water (315 g)
- 2 tablespoons of oil, olive (22 g) **or** 22 grams of oil, canola

## COOKING METHOD

- 1<sup>o</sup> 1 Activate the Yeast: In a small bowl, mix warm water, honey [or sugar], and yeast. Let sit for 5-10 minutes until frothy.
2. Mix Dry Ingredients: In a large mixing bowl, combine all-purpose flour, whole wheat flour, salt.
3. Combine Wet and Dry Ingredients: Add the yeast mixture and olive oil to the dry ingredients. Stir to form a sticky dough.
4. Knead the Dough: Turn the dough onto a lightly floured surface and knead for 8–10 minutes, or until the dough is smooth and elastic. If using a stand mixer with a dough hook, knead for about 5-7 minutes.
5. First Rise: Place the dough in a greased bowl, cover with a damp cloth or plastic wrap, and let it rise in a warm place for 1-1½ hours, or until doubled in size.
6. Shape the Dough: Punch down the dough, shape it into a loaf, and place it in a greased 9x5-inch loaf pan.
7. Second Rise: Cover the loaf and let it rise for 30-40 minutes, until it is just above the rim of the pan.
8. Bake: Preheat the oven to 375°F (190°C). Bake for 30-35 minutes, or until the bread is golden brown on top and sounds hollow when tapped.
9. Cool: Remove from the pan and let cool completely on a wire rack before slicing.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (35 g)	% DRI
ENERGY	369 kcal	129 kcal	6 %
FAT	7 g	2 g	4 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	283 mg	99 mg	4 %
CARBOHYDRATE	67 g	24 g	8 %
SUGARS	0 g	0 g	–
FIBER	5 g	2 g	7 %
PROTEIN	10 g	4 g	–