



# Fat-Free Whole-Wheat Loaf

NIBBLEDISH CONTRIBUTOR

## Ingredients

1. 1 package active dry yeast
2. 1/4 cup warm water
3. 1 tsp white sugar
4. 1 cup milk
5. 2-1/2 cup whole-wheat flour
6. 1/4 tsp soda
7. cornmeal

## Instructions

Combine water, yeast and sugar in a large mixing bowl. Let stand 5 minutes, then add the milk. Stir in 1 cup flour, beat well 2 minutes. Stir in the rest of the flour. Lightly grease a 4x8 inch loaf pan, sprinkle the bottom with cornmeal. Pour dough into the pan, sprinkle the top with cornmeal. Cover and let rise in a warm place about 45 minutes to 1 hour. Bake at 400° about 25-30 minutes.