



Made From Scratch Monthly

Bake Your Own Breads

Home-baked bread can offer more nutrients and fewer additives than the bread we get at the store. Baking bread takes a little more time but the taste smells and smiles it will bring makes it worthwhile.

Cinnamon Raisin Quick Bread

- 4 c. all-purpose flour
- 2 c. sugar, divided
- 2 tsp baking soda
- 1 tsp salt
- 2 large eggs, room temperature
- 2 c. buttermilk
- ½ c. canola oil
- ½ c. raisins
- 3 tsp ground cinnamon

Instructions:

1. Preheat oven to 350°. In a large bowl, combine flour, 1½ cups sugar, baking soda, & salt. In a small bowl, whisk eggs, buttermilk, & oil. Stir into dry ingredients just until moistened. Fold in raisins. Combine cinnamon & remaining sugar; set aside.
2. Spoon half the batter into 2 greased 8x4-in. loaf pans. Sprinkle with half of the reserved cinnamon-sugar; repeat layers. Cut through batter with a knife to swirl.
3. Bake 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes before removing from pans to wire racks.



Tip: If you don't have buttermilk you can substitute one of the following for each cup:

- Add 1 tbsp white vinegar or lemon juice to 1 cup (less 1 tbsp) of milk. Stir; let stand 5 minutes.
- 1 cup plain yogurt
- 1¾ tsp cream of tartar plus 1 cup milk

Basic Homemade Bread

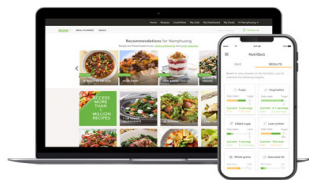
- 1 pack (¼ oz) active dry yeast
- 3 tbsp sugar, ½ tsp sugar
- 2¼ c. warm water
- 1 tbsp salt
- 6¼ - 6¾ c. bread flour
- 2 tbsp canola oil

Instructions:

1. In a large bowl, dissolve yeast & ½ tsp sugar in warm water; let stand until bubbles form on surface. Whisk remaining 3 tbsp sugar, salt & 3 cups flour. Stir oil into yeast mixture; pour into flour mixture & beat until smooth. Stir in remaining flour, ½ cup at a time, to form a soft dough.
2. Turn onto a floured surface; knead until smooth & elastic, 8-10 minutes. Place in a greased bowl, turning once to grease the top. Cover & let rise in a warm place until doubled, 1½-2 hours.
3. Punch dough down. Turn onto a lightly floured surface; divide dough in half. Shape each into a loaf. Place in 2 greased 9x5-in. loaf pans. Cover & let rise until doubled, 1-1½ hours.
4. Bake at 375° for 30-35 minutes until golden brown & bread sounds hollow when tapped or has an internal temp. of 200°. Remove from pans place on wire racks to cool.



Storage Tips: Store homemade bread in a plastic bag or a bread box for supreme freshness. If you're not going to finish your bread in a few days' time, you can freeze it in a plastic bag. It will keep for a few months. If your bread gets stale, you can use it to make homemade croutons.



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Cranberry Cornbread

- 2 c. fine whole-grain cornmeal, (*see Tips*)
- ¾ c. whole-wheat pastry flour, or white whole-wheat flour (*see Tips*)
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 2 large eggs
- 1½ c. buttermilk
- ⅓ c. extra-virgin olive oil
- ⅓ c. honey
- 1 tbsp finely grated orange zest
- ¾ c. whole fresh cranberries
- ⅓ c. dried cranberries

Instructions:

1. Preheat oven to 400°F. Coat a 10-inch cast-iron skillet or 9-inch metal cake pan with cooking spray.
2. Set aside 2 tbsp cornmeal in a small bowl. Whisk the remaining cornmeal, whole-wheat flour, baking powder, baking soda, & salt in a large bowl. Lightly whisk eggs in a medium bowl, then whisk in buttermilk, oil, honey, & orange zest until smooth. Make a well in the center of the dry mixture. Pour in the wet ingredients and stir with a rubber spatula until just combined. Do not overmix; the batter should look lumpy.
3. Toss fresh & dried cranberries with the reserved cornmeal - this prevents fruit from sinking to the bottom during baking. Gently fold the cranberries & cornmeal into the batter. Scrape batter into prepared skillet or pan.
4. Bake the cornbread until the edges turn golden brown & a toothpick inserted into the center comes out with a few moist crumbs, 25-30 minutes. Let stand for 15 minutes before cutting into wedges. Serve warm.



Tips:

- **Whole-grain cornmeal** (nutritious germ & fiber-rich bran left intact) found in well-stocked stores. “Fine” whole-grain cornmeal is recommended.
- Bake with **white whole-wheat flour**, made from a special variety of white wheat, & whole-wheat pastry flour, milled from soft wheat with less gluten. Both provide the nutritional benefits of whole grains. Store in freezer.
- **To Make It Gluten-Free:** Use a gluten-free flour blend in place of whole-wheat flour.

Whole-Wheat Irish Soda Bread Rolls

- 17 tbsp whole-wheat flour, plus more for dusting
- 18 tbsp all-purpose flour
- ½ tsp baking soda
- ½ tsp salt
- ½ c. buttermilk (*see Tip on page 1*)
- ½ c. reduced-fat milk plus 1 tbsp
- 2 tsp honey
- 2 tsp chopped fresh thyme
- 2 tbsp old-fashioned rolled oats

Instructions:

1. Preheat oven to 375°. Line pan with parchment paper or nonstick baking mat.
2. Whisk whole-wheat flour, all-purpose flour, baking soda, & salt in a large bowl. Whisk buttermilk, ½ c. milk, honey, & thyme in a medium bowl. Add wet ingredients to the dry ingredients, stir until the dough comes together.
3. Dust a clean surface with whole-wheat flour. With barely damp hands turn the dough out, gently knead till smooth. Divide dough into 6 equal pieces & shape each into 2 to 2½ inch rounds about 1 inch thick. Place on the prepared pan about ½ inch apart. Brush with the remaining 1 tbsp milk & sprinkle with oats, press them lightly to adhere.
4. Bake rolls 20-25 minutes until golden brown on the bottom and check with a toothpick inserted in the center comes out clean. Serve warm.

