



A Nutrition Resource

BREAD IN A BAG

Yield: 1 Loaf (12 pieces) | Serving Size: 1 piece (1/12 of loaf)
Cost/Serving: \$0.18

Ingredients:

1 cup all-purpose flour
2 cups whole wheat flour
3 Tablespoons powdered milk
3 Tablespoons sugar
1 envelope or 1 Tablespoon rapid rise yeast
3 Tablespoons vegetable oil
1 cup warm water (120°F to 130°F)
Extra flour for kneading

Directions:

- 1) Combine all-purpose flour, whole wheat flour, powdered milk, sugar, salt, and yeast in a one-gallon re-sealable freezer bag. Squeeze upper part of bag to force out air and seal bag. Shake and work bag with fingers to blend ingredients.
- 2) Add oil and warm water to dry ingredients. Reseal bag. Mix by working bag with fingers until dough is completely mixed and pulls away from bag.
- 3) On a floured surface, knead dough 5 minutes or until smooth and elastic, adding flour as needed. Let dough rest 10 minutes.
- 4) Shape dough on greased or parchment-lined baking sheet or put into a 4-inch x 8-inch greased loaf pan. Cover with a clean cloth or plastic wrap and let rise until doubled in bulk- about 1 hour.

Nutrition Facts

12 servings per container
Serving size 1/12 of loaf (58g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 116mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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- 5) Preheat oven to 350°F and bake for about 30 minutes or until golden brown. (May take between 25 and 45 minutes to bake. Top will be golden brown and give a hollow sound when tapped with finger.)
- 6) Remove from pan and cool on a wire rack or clean dish towel.

Tip: Dough can be shaped in a rounded mound, a long tube as in French bread, or cut into equal sized pieces and rolled into balls for individual servings.

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