

# Bear Buns and Bread Sticks

2 Cups American Heritage Flour

1/4 cup American Heritage Flour (reserved)

1 cup Bob's Redmill Flour or any good organic all purpose flour

1 tsp Dry Active Yeast

1 tsp Sea Salt

1 tbsp Olive Oil

1 tbsp Olive Oil (reserved)

2 tbsp Raw Honey

1-1/2 cup warm water

Mix together 2 cups American Heritage Flour, 1 cup Bob's Redmill Flour, yeast, sea salt, 1 tbsp olive oil, honey and warm water. Squish everything together with rubber spatula until thoroughly mixed forming into a ball. Using the reserved 1 tbsp olive oil, oil around the inside of bowl. Cover the bowl with saran wrap letting the dough rise and double in size.

Minimum 3 hours.

After the dough has doubled in size use the reserved 1/4 American Heritage Flour dusting your board with the flour and dump your bread onto the flour. Do a stretch and fold on your dough four different ways using your reserved flour as needed. Roll dough out using a rolling pin or big travel mug with no handle. I use parchment paper making it easier to place on a cookie sheet. Allow your dough to rest and rise for around an hour. Pre-heat oven to 350\*.

Bake 30-35 minutes. Let cool for an hour before cutting. Cut into square's or any desired shape for your Bear Buns. Enjoy



