



AI-Powered Baking 2025 Challenge



Honey Wheat Bread

Ingredients:

- 2 ¼ tsp (1 packet) active dry yeast
- 1 ½ cups warm water (110°F-115°F)
 - 3 tbsp honey
- 2 tbsp vegetable oil or melted butter
 - 1 tsp salt
 - 2 cups whole wheat flour
- 1 ½ - 2 cups bread flour (as needed for dough consistency)

Instructions:

1. **Activate Yeast:** In a large bowl, mix warm water and honey. Sprinkle yeast over the top and let it sit for 5–10 minutes until foamy.
2. **Mix Dough:** Add oil/butter and salt to the yeast mixture. Gradually stir in the whole wheat flour and 1 cup of bread flour until the dough starts to come together.
3. **Knead Dough:** Turn the dough out onto a lightly floured surface and knead for 6–8 minutes, adding additional bread flour as needed. The dough should be soft but not sticky.
4. **First Rise:** Place the dough in a greased bowl, cover with a damp cloth or plastic wrap, and let it rise in a warm spot for 45 minutes to 1 hour. At high altitudes, it may rise faster—check when it has doubled in size.
5. **Shape & Second Rise:** Punch down the dough and shape it into a loaf. Place it in a greased 9x5-inch loaf pan.
6. **Bake:** Preheat the oven to 375°F (reduce to 365°F at 5,000+ feet). Bake for 30–35 minutes or until the loaf sounds hollow when tapped on the bottom and reaches an internal temperature of 190°F-200°F.
7. **Cool:** Let cool completely before slicing.