



Homemade Honey Oat Bread



My boys eat everything in sight, and it can be a huge stress keeping them fed, especially keeping them fed within my budget as a single mom. It is a huge undertaking. But one of my tricks to feeding my kids is homemade bread. It is cheap and delicious, and I can control the ingredients I love, making it possible to meet all of my expectations of nutrition and cheapness, and it brings satisfaction. Pair it with homemade soup or chili, and my teenage boys are as happy as can be.

Making homemade bread can be intimidating to some people. However, it is easy once you get a feel for it. It is all about the **texture, yeast, and rising.**

1 - First, I **boil 4 cups of water.** While that is boiling, I **add 2 cups of whole oats to my KitchenAide.** You can just add it to a big bowl if you're kneading by hand.

2 - Then, I **melt 1 stick of butter** (you don't have to; you can let the boiling water melt it). I melt it just because it makes the next step easier. I **add it to the oats and give it a good stir and salt liberally about 1 tablespoon.**

3 - I then pour in **¾ to 1 cup of honey** or agave to the mixture.

4 - **Stir it and add the boiling water.** Mix well and let sit covered until the oats have absorbed most of the water and have cooled down to lukewarm. About an hour and a half.

5 - I then **sprinkle 3 packets of yeast on top** of the mixture and stir it lightly.

6 - Wait 10 minutes. After about 10 minutes, the yeast should have bloomed and smells nice and yeasty.

7 - I **add 6 cups of bread flour and stir it by hand** until all the flour is absorbed. I **add 1 more cup to the KitchenAide and start it kneading.** Or add half the cup to a kneading surface, pour out the contents of the bowl, and add the rest on top. Knead for 7 minutes, adding up to 2 more cups of flour as needed to create a smooth texture. It should still be a little sticky.

8 - After 7 minutes, I **place the dough in an oiled bowl** and let it double in size. It usually takes about an hour.

9 - After it is doubled, I **punch it down and divide the dough into 4 parts, shape them into loaves, and add them to bread pans.** Mine have to be greased. I usually use a little olive oil. Or coconut oil. **Cover and let double again**

10 - Once doubled, **bake them in a preheated 350-degree oven for 30 minutes.**

11 - **Remove them from the pan and let rest and cool.** Then, I serve it with honey butter.

My kids love the smell, and it feeds them for a few days until I need to start all over. Hope this recipe works for your family as well!