

# Whole Wheat Walnut Bread

## Ingredients

- 1 1/4 cup milk
- 4 tablespoon butter
- 1/4 cup honey
- 1 tablespoon active dry yeast
- 1 cup regular oats
- 1 teaspoon salt
- 3 eggs
- 3 cups whole wheat flour, I use a white whole wheat
- 1 1/2-3 cups all purpose flour
- 1 cup chopped walnuts



## Instructions

- Add milk and butter to microwaveable dish. Heat for about a minute. Remove and stir in the oats, honey and salt. Set aside and allow to cool to about 100 degrees. This will feel just barely warm.
- Add in yeast. Mix and set aside. Give it about 3-5 minutes to activate the yeast.
- Add this mix to Bosch mixer with dough hook and add eggs, full amount of whole wheat flour and only 1 1/2 cups all purpose flour. Start mixer. Add flour as needed. You want the dough to just barely pull away from the sides of the bowl. Allow to mix on medium speed for about 4-5 minutes. Add in walnuts and continue to mix until walnuts are incorporated.
- Cover and let rise. Depending on temps in your house, it can take anywhere from 30 minutes to an hour.
- Form rolls or loaf and cover again. I make these lovely twisted rolls, check video for instructions. Doubling time should be a little quicker on the second rise.
- Towards the end of the rise, preheat oven to 375 degrees. Brush with an egg wash. I make mine with 1 egg mixed well with plenty of milk to thin it out. Brush it on lightly.
- Bake until lightly golden brown.  
We love these hot and fresh from the oven!