

## **Homemade Bread**

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### Ingredients:

2 cups warm water (110 F or 45 C)  
1/4 cup granulated sugar  
1 1/2 tsp active dry yeast  
1 1/2 tsp salt  
1/4 liquid coconut oil (or vegetable oil)  
6 cups bread flour



In a large bowl, stir the sugar into the warm water. Pour the yeast over the water and mix it in, if desired. Let sit for 10 minutes until yeast develops a thick foam.

Add the salt and oil to the yeast. Mix in the flour one cup at a time. Knead the dough on a lightly floured surface for a few minutes, until smooth. Place dough in a bowl coated with oil, cover with a towel, and allow to rise for one hour.

Punch dough down, then knead for a few minutes. Divide dough in half. Form dough into loaf shapes and place in two oiled loaf pans, about 9 by 5 inches each. Let the dough rise for 30 minutes or until about an inch over the tops of the pans.

Bake at 350 F or 175 C for 30 minutes.

(Note: I used solid coconut oil to grease the bowl and loaf pans by rubbing on a couple tablespoons with my fingers.)