

QUICK & EASY HOMEMADE BREAD



November 17

National Homemade Bread Day

INGREDIENTS

- 2 Cups All-Purpose Flour
(enriched or whole grain rich)
- 1 Tablespoon Baking Powder
- 1 Teaspoon Salt
- 1 Tablespoon Sugar
- 2 Tablespoons Olive Oil or Melted Butter
- $\frac{3}{4}$ Cup Warm Milk or Water

DIRECTIONS

1. Preheat your oven to 400° and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, baking powder, salt, and sugar.
3. Add the olive oil and warm milk to the dry ingredients. Stir until a soft dough forms.
4. Transfer the dough to a floured surface and knead gently for 1–2 minutes until smooth.
5. Shape the dough into a round loaf or divide into small rolls.
6. Place on the baking sheet and bake for 15–18 minutes, until golden brown.
7. Cool slightly before slicing into 14 even slices.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

14 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
$\frac{1}{2}$ Slice	$\frac{1}{2}$ Slice	1 Slice	1 Slice