

Easy Bread Recipe

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1.5 cups water

1/2 teaspoon sea salt

2 tablespoons sunflower oil plus oil for the pan

2 tablespoons honey

2 tablespoons baking powder

4 cups ORGANIC* bread or pastry flour (white or whole wheat or half of each)

Pre-heat oven to 400 degrees F.

In a bowl, add water and salt. Mix well with a wooden spoon or electric mixer with dough hooks on low speed. Add honey and oil. Mix well. Add baking powder and flour. Mix well. Add more flour if the mixture is too watery to make a dough that is not too wet nor too dry. It should make a ball of dough. Pour dough into an oiled loaf pan. Bake for 40 minutes or until the top is brown. Allow to cool on a wire rack for at least 30 minutes.

* It is really important to use organic flour because non-organic flour may contain glyphosate (Roundup), which can lead to food allergies and sensitivities.