

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot or Cold Side Dish

Hearty Brown Yeast Bread

Yield: 1 loaf, 12 slices

Note: This recipe calls for using a bread machine.

- 2/3 cup cooked garbanzo or northern beans, cooked without salt, rinsed and drained
- 1 cup plus 1 tablespoon warm water
- 2 tablespoons brown sugar, packed
- 2 tablespoons cooking oil
- 1/2 teaspoon salt
- 1 cup quick-cooking rolled oats
- 1/2 cup whole wheat flour
- 1 1/2 cups bread flour
- 1 tablespoon dry active baker's yeast

1. Wash your hands and work area.
2. On a plate, mash beans with a fork until smooth.
3. Place all ingredients into a bread machine pan. (Or, if desired, follow the directions in another recipe for making yeast bread by hand.)
4. Bake immediately (do not use delay cycle) according to the bread machine's directions for a medium, or 1.5 pound, loaf of whole wheat yeast bread.
5. Cut into 12 slices. Serve hot or cold.
6. If desired, freeze leftovers in a moisture-proof freezer container.



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*Meal suggestion:
Serve at any meal
(breakfast, lunch,
supper or snack)
where flavorful moist
bread is desired.*

*This compact bread
has a light brown
color. It is a good
source of dietary fiber
and iron.*

Nutrition Facts

Serving Size 1 slice (63g)
Servings Per Container 12 slices

Amount Per Serving

Calories 140 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 24g 8%

Dietary Fiber 3g 12%

Sugars 3g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," June 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.