

Ingredients:

2 cups warm water (105-110°F)

1½ tbsp instant yeast

1½ tbsp salt

4½ cups King Arthur red wheat
bread flour



**“Dr. Shelson’s
Three Ingredient
Heirloom Bread”**

Steps:

1. Combine water, yeast, and salt in a bowl. Mix gently and let rest, about 5 minutes, until bubbly.
2. Add flour and mix until dough is tacky.
3. Cover and let dough rise for 1 hour.
4. Turn out dough, knead, and shape into 2 loaves.
5. Place loaves on a cookie sheet or French bread pan. Cover and let rise 45 minutes.
6. Preheat oven to 375°F.
7. Bake loaves at 375°F for 30 minutes.
8. Cool for 15 minutes, then slice and enjoy!

Stop Being Told How NOT To Live . . .

& Start Living!