

Bread Rebounds—Whole Grains Bring Bread Bouncing Back

(NAPSA)—After 4,000 years of providing wholesome nourishment, fad diet gurus have made bread seem like a bad thing and blame it for contributing to the nation's obesity epidemic.

Recent research, however, says differently. Revisions in the HHS and USDA dietary guidelines call for an increase in the daily recommended intake of whole grains, now a new encouraged food group. Whole grain foods include whole grain pasta, whole grain breakfast cereals and breads made with whole grains, whole grain flours or the bran of wheat, barley, rye, corn, oats and brown rice. Research has found that eating whole grain breads can help with weight loss and weight loss maintenance; reduce bad cholesterol and high blood pressure; reduce the incidence of diabetes and some cancers; as well as help to prevent heart disease.

To help incorporate more whole grains into your diet, a comprehensive online database of whole grain bread recipes called goodfibes™ was created by Fleischmann's Yeast.

One such recipe is delicious Seven Grain Bread. Filling the kitchen with a yeasty, nutty aroma, this bread has a thick and hearty crust, plus plenty of dietary fiber.



SEVEN GRAIN BREAD

2 to 2½ cups whole wheat flour

1 envelope Fleischmann's RapidRise Yeast

1 teaspoon salt

1 cup water

¼ cup milk



Delicious Seven Grain Bread adds variety and substance to a bowl of soup or any meal.

2 tablespoons butter or margarine

2 tablespoons honey
⅔ cup seven-grain hot cereal

In a large bowl, combine 1 cup flour, undissolved yeast, and salt. Heat water, milk, butter and honey until very warm (120° to 130° F). Stir in cereal; let stand 2 minutes. Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough in half; roll

each half to 7-inch rope. Place ropes side by side in greased 8½ x 4½-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour. Bake at 400° F for 25 to 30 minutes or until done. Remove from pan; cool on wire rack.

Nutrition Information Per Serving:
Serving Size: one slice (½ of recipe);
Serving Weight: 2.2 ounces (61 grams);
Calories: 130; Total Fat: 2.5 g; Saturated Fat: 1.5 g; Cholesterol: 5 mg; Sodium: 220 mg; Carbohydrates: 24 g; Dietary Fiber: 4 g (1.8 g/oz); Sugars: 3 g; Protein: 5 g.

The Goodfibes database, which contains nearly 100 test kitchen-tested recipes with substantial fiber content, can be found at www.breadworld.com.