

Recipes Make It Easy To Get Recommended Amount Of Whole Grains And Fiber

(NAPSA)—When it comes to eating healthier, whole grain breads provide a good start. Breads made with a variety of whole grains can help you get the daily recommended three servings of fiber your body needs.

A high-fiber diet can provide fewer calories and it tends to help you eat less. In addition, the current USDA Dietary Guidelines for Americans recommend increasing intake of whole grains due to their role in cutting the risk of heart disease, stroke, hypertension, certain cancers, diabetes and obesity.

It's getting easier to eat high-fiber breads that all will enjoy by making them yourself coupled with choosing convenient recipes. One choice of convenient whole grain bread requires no kneading, namely Irish Wheaten Bread. Just combine the ingredients, form the dough and let it rise. Another great time-saver is to use Fleischmann's RapidRise Yeast, as the dough needs to rise only once.

RapidRise Yeast can also be used in bread machines, another convenient way to make tasty high-fiber breads such as Multigrain Bread. The machine can make a loaf from start to finish or, once the dough has been mixed, you can remove it to shape into virtually anything from pizza crust to dinner rolls and more.

Find other recipes and bread-making tips by visiting www.breadworld.com. Under the goodfibes seal there are about 100 recipes with a minimum of 0.8 grams of dietary fiber per ounce, enough to be designated as high fiber.



Homemade bread like this Irish Wheaten Bread can be a delicious way to get more whole grains and fiber in your diet.

Irish Wheaten Bread

Makes 1 loaf

- 1 cup all-purpose flour
- 2 Tbsp. sugar
- 1 envelope Fleischmann's RapidRise Yeast
- ¼ tsp. salt
- ½ tsp. baking soda
- 1 cup buttermilk
- ¼ cup water
- 3 Tbsp. butter or margarine, cut up
- 2 to 2½ cups whole wheat flour

In large bowl, combine all-purpose flour, sugar, undissolved yeast, salt and baking soda. Heat buttermilk, water and butter until very warm (120° to 130° F); mixture will

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curdle. Stir liquids into dry ingredients. Stir in enough whole wheat flour to make stiff dough.

Remove dough to lightly floured surface; form into smooth 5-inch ball, adding additional whole wheat flour if needed. Place in greased 9-inch pie pan. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 60 minutes.

With sharp knife, make an "X" (½ inch deep) on top of the dough. Bake at 375° F for 35 to 40 minutes or until done. Remove from pan; cool on wire rack.

Multigrain Bread

Makes one 1½-pound loaf

- 1½ cups water
- 2 Tbsp. honey
- 1 Tbsp. butter or margarine
- 1 tsp. salt
- 2 cups bread flour
- ¾ cup whole wheat flour
- ½ cup rolled oats, toasted*
- 3 Tbsp. nonfat dry milk powder
- 3 Tbsp. cornmeal
- 3 Tbsp. toasted wheat germ
- 1 envelope Fleischmann's RapidRise Yeast

Add ingredients to bread machine pan in order suggested by the manufacturer. Recommended cycle: whole wheat/whole grain or basic/white bread cycle; medium/normal color setting. (If basic/white bread cycle is used, add 1 tablespoon gluten to recipe.) Timed-bake feature can be used.

*To toast oats, spread thin layer in a shallow baking pan. Bake at 350° F for 10 to 15 minutes or until light golden brown, stirring often.



A bread machine makes it simple to create delicious high-fiber bread.