

# Brown Rye Bread

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 package fast rising yeast  
3 tablespoons drippings  
1 1/2 cups rye flour  
2 or 3 cups bran  
salt  
3 cups water  
white flour*

Preheat the oven to 400 degrees.

In a bowl, prepare the yeast as directed on the package.

Add the liquid, drippings and salt. Mix well

Add the rye flour and bran.

Knead with white flour. Let rise until double in bulk. Place in loaf pans. Let rise.

Bake for about one hour.

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Per Serving (excluding unknown items): 792 Calories; 8g Fat (7.1% calories from fat); 32g Protein; 193g Carbohydrate; 55g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Fat.