

Granny Bread

Rene McCormick

St Timothy's - Hale Schools - Raleigh, NC - 1976

Yield: 4 loaves

*3 packages yeast
2/3 cup oil
1 teaspoon salt
7 to 8 cups flour
3 cups lukewarm water
1/2 cup sugar
1 cup all-bran cereal,
crushed*

Preheat the oven to 350 degrees.

In a bowl, dissolve the yeast in warm water. Add the oil, sugar, salt and bran. Mix well and add the flour until blended. Let rise in the bowl for one hour. Mash down and divide into four greased loaf pans. Let rise for one hour.

Bake for 20 minutes.

Reduce the oven temperature to 300 degrees.

Brush the tops with melted butter.

Bake until done, about 30 minutes.

Per Serving (excluding unknown items): 4906 Calories; 153g Fat (28.3% calories from fat); 98g Protein; 776g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 2161mg Sodium. Exchanges: 44 1/2 Grain(Starch); 1 Lean Meat; 29 Fat; 6 1/2 Other Carbohydrates.