

Oatmeal Bread

Cookbook Committee

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

Yield: 2 loaves

2 cups rolled oats (oatmeal)

2 cups boiling water

1 cake yeast

1/2 cup warm water

1/4 cup molasses

1/4 cup boiling water

2 teaspoons salt

1 tablespoon sugar

5 cups flour

Preheat the oven to 350 degrees.

In a bowl, pour two cups of boiling water over the oats. Cool.

In a bowl, mix the yeast 1/2 cup of warm water. Add to the oats. In a bowl, mix the molasses, 1/4 cup of boiling water, salt and sugar. Add to the oats.

Gradually stir in the flour. Knead until well blended. Place in a bowl and let rise in a warm place, covered, until doubled, about one hour.

Place the batter in greased loaf pans. Let rise until doubled.

Bake for 50 to 60 minutes.

(These loaves freeze well)

Per Serving (excluding unknown items): 2562 Calories; 7g Fat (2.3% calories from fat); 67g Protein; 548g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 4329mg Sodium. Exchanges: 31 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Other Carbohydrates.