**Alter Bread Recipe**

Ingredients:

* 7/8 cup lukewarm water
* 7/8 Tbsp. Honey
* 1 ½ Tbsp. Olive Oil
* ¼ tsp. Salt
* 1 pkg. Dry Yeast
* 2 2/3 Cup Whole Wheat Flour

Instructions:

Measure the water into a mixing bowl and add yeast; stir until dissolved. Stir in honey, oil and salt. Add the flour (reserving enough to knead into dough) and stir until mixed completely.

Turn dough out onto lightly floured board and knead it thoroughly for 5 minutes, adding remaining flour as needed. (Be careful not to get it too dry.)

After kneading, when the dough is nice and elastic, place back in bowl, cover with a damp cloth and let rise in warm place for 1 to 1 ½ hours. The dough should double in size.

Turn the dough onto lightly floured board and knead for a moment. Roll the dough out to ¼ inch thickness. Cut into rounds. Press a cross into the center of each round with a dull knife. This cross aids in the breaking of the bread. One or more punctures with a toothpick in the center of each quarter or the round will permit gas to escape during baking.

Transfer rounds to a very lightly oiled baking sheet (can also use parchment paper) and bake for 9 – 12 minutes at 350 to 375 degrees. The bottom of the round should just be light brown and the tops hardly colored at all.

The round may be wrapped in foil separate and then placed in a freezer bag.