

Bread in a Bag

2 cups white bread flour
1 cup whole wheat flour
1 package Rapid Rise yeast
3 tablespoons sugar
1 teaspoon salt
3 tablespoons powdered milk
1 cup hot water (125 to 130 degrees F)
3 tablespoons vegetable oil
Extra flour to use during the kneading process

1. Combine white flour, whole wheat flour, yeast, sugar, salt and powdered milk in a 1 gallon heavy duty Ziploc freezer bag.
2. Squeeze upper part of bag to force out the air. Shake and work bag with fingers to blend ingredients.
3. Add hot water and oil to dry ingredients. Reseal bag.
4. Mix by working bag with fingers, until the dough is completely mixed and pulls away from the bag.
5. On floured surface, knead dough 5 minutes, or until smooth and elastic.
6. Put dough back into bag and let it rest 10 minutes.
7. If working in teams, divide dough in half and shape. Let rise until double in size, about 30 minutes.
8. Bake at 350°F for 20 to 30 minutes or until golden brown. Remove from pan and cool on wire rack. Makes one large loaf or two smaller loafs.

Tips:

1. It's good to have someone on hand who makes bread and who knows what good dough should feel like. Don't knead too much flour into the dough.
2. You may want to discuss health and nutrition during this activity. Also discuss the importance of hand washing.
3. You can have the ingredients measured out ahead of time, but it is not always necessary. You could also have a little sign in front of each ingredient to tell them how much to add of each one.
4. Be sure to have a couple sets of measuring spoons and cups so more than one person can measure at a time.
5. If you have girls who do not know the proper ways of measuring ingredients (do not pack flour) you may want to give them little lessons along the way.
6. Don't be too rough with the bags, they may pop open or break.
7. You will probably need to teach the proper way to knead dough with the palm of the hand, and use the fingers only to turn the dough, etc. You may want to show them how it's done first.