

MADRONA SCHOOL

WALDORF EDUCATION

Parent-Child, Preschool and Kindergarten Classes Bread Recipe

2 cups warm water
1 T yeast
1 T maple syrup or honey
2-3 cups whole wheat flour
2-3 cups unbleached white flour
1/3 cup olive oil
1/3 cup maple syrup, or 2/3 cup succanet
1 tsp salt

Mix warm water, yeast and 1 T sweetener in a bowl and whisk together. Let mixture sit until yeast is dissolved and bubbly.

Add 2 cups of whole wheat flour and mix together. Cover and let rise in a warm place for 30-45 minutes.

Stir in the olive oil, sweetener of your choice and salt. Add remaining wheat flour and slowly add the white flour until a nice dough forms that is not too sticky. Knead for 5-10 minutes.

Cover and let rise for 1 hour or when doubled in size.

Form into loaves or rolls. Bake at 350 degrees. The rolls bake 20-25 minutes.

Enjoy plain, or with the toppings of your choice — our early childhood classes love butter, honey butter and/or homemade jams and jellies.

One song to accompany bread day:

There were “7” hot buns in the baker’s shop
Big and round with honey on the top
Along came “Joey” with a penny one day
He bought a hot bun and he ate it right away

There were “6” hot buns in the baker’s shop...etc.