

Transformations: Vegan Recipes You Can Live By

Breads

Banana Bran Muffins

- olive oil cooking spray
- 1/2 cup almond milk, warmed
- 1 tablespoon active dry yeast
- 3/4 cup honey or coconut sugar
- 1/2 cup coconut oil, melted
- 2-3 ripe bananas, sliced
- 1 cup flaxseed meal
- 2 cups flour
- 1/2 teaspoon sea salt

Preheat oven to 350°F. Line 2 muffin pans with 18 paper liners in total. Spray inside the liners the cooking spray.

Put milk in a pan and heat until warm. Turn heat off and combine 1/2 cup almond milk and yeast. Let stand for 5 minutes to activate yeast.

In a food processor, combine honey (or coconut sugar) and oil. Blend on high to make a frothy mixture. Add cut up bananas to mixture and blend until smooth. Pour mixture into a bowl.

Stir mixture into milk and yeast mixture prepared earlier. Fold in bran and let sit until bran is soft, about 10-15 minutes. Mixture will thicken. Add in flour and salt.

Fill each muffin cup 3/4 full. Let rise for 10 minutes over a warm oven. Bake at 350°F for 30-35 minutes or until tooth pick inserted comes out cleanly from center of muffin.

Banana Bread

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 182) Page Street Publishing Kindle Edition

DRY INGREDIENTS

- 1 1/4 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- pinch of sea salt

OTHER INGREDIENTS

- 2 ripe bananas, sliced
- 2 tablespoons coconut oil, melted
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon rum extract

TOPPING

- 1/2 cup walnuts, coarsely chopped
- coconut oil

Combine DRY INGREDIENTS in a bowl and set aside.

Combine OTHER INGREDIENTS in a food processor and blend until puréed. Add the puréed ingredients to the DRY INGREDIENTS. Stir to combine.

Oil a bread pan with coconut oil. Pour batter into bread pan and top with chopped walnuts.

Bake for about 45 minutes. Bread is done with a toothpick inserted into center comes out clean.

Once cooled, keep tightly covered with aluminum foil to retain moisture.

Blackberry Chia Muffins

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Locations 617-618) Flatiron Books Kindle Edition

- 1 1/4 cup almond flour
- 1 cup oat flour
- 1 cup coconut sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 3 tablespoons chia seeds, soaked in 1/2 cup water for 15 minutes to 1 hour
- 1 cup applesauce
- 1/3 cup coconut oil, melted
- 1/4 cup almond milk
- 1 teaspoon vanilla extract
- 2 cups blackberries

Preheat oven to 350°F.

Line a muffin pan with paper liners. Spray papers with olive oil cooking spray.

In a large bowl combine flours, coconut sugar, baking powder, baking soda and salt.

The original recipe left the almond milk out of the recipe. One-quarter cup is an educated guess my part.

In another bowl combine the chia-water mixture, applesauce, coconut oil, almond milk and vanilla extract. Whisk by hand to combine.

Add wet mixture to the dry ingredients and combine. Fold in blackberries.

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Spoon batter into muffin cups, filling each cup about 2/3 full.

Bake for 25-30 minutes, until muffins are springy.

Let cool for 5 minutes and transfer to a cooling rack.

Blueberry Breakfast Muffins

- 2 tablespoons active dry yeast
- 1 tablespoon honey
- 1/2 cup warm filtered water
- 1 cup dates, chopped
- 1 tablespoon vanilla extract
- 1 teaspoon sea salt
- 1/2 cup coconut oil, melted
- 3 cups whole wheat flour
- 2 cups blueberries, fresh or frozen

Combine yeast, honey and 1/2 cup water in a large bowl. Let set for 5 minutes.

Combine 1 cup water, dates, vanilla, salt and oil in a blender. Blend on high to make a frothy mixture.

Pour mixture into yeast mixture above. Fold in 1 1/2 cups flour. Let rise for 10 minutes over a warm oven. Fold in remaining flour. Add blueberries and gently combine.

Line two muffin pans with paper liners and fill each muffin cup 3/4 full. Smooth out muffin batter with a spoon. (Batter will not fill in, as with more traditional muffins, when baked.) Let rise for 10 minutes.

Bake at 350°F for 30-35 minutes or until tooth pick comes out cleanly from center of muffin.

Bread Maker Hamburger Buns§

<http://www.food.com/recipe/bread-maker-hamburger-buns-89932>

BREAD

- 1 cup filtered water
- 2 eggs
- 1/3 cup vegetable oil
- +2 tablespoons vegetable oil
- 1/4 cup cane sugar
- 1 teaspoon kosher salt
- 4 cups whole wheat or bread flour
- 1 1/2 teaspoons bread machine yeast

EGG WASH

- 1 egg
- 1 tablespoon filtered water
- sesame seeds

Not necessarily and ideal food but certainly better than commercial hamburger rolls. Either whole wheat flour or bread flour can be use, though the buns will

rise better if bread flour is used.

Add BREAD ingredients in order listed to a bread machine.

Select dough setting. When cycle is complete, remove dough from machine to a lightly floured surface. Divide dough into 3 equal portions, divide each portion into 6 balls.

Preheat oven to 350° F.

Turn balls in hands folding edge under to make a circle. Press ball flat between hands.

Place on parchment paper lined cookie sheet pressing to a 3 1/2 inch circle.

Let rise 30 minutes on top of a warmed oven or until double in volume.

For the EGG WASH combine 1 slightly beaten egg with 1 tablespoon of water. Brush wash on buns with a pastry brush. Immediately sprinkle with sesame seeds.

Let rise for an additional half hour or so.

Bake at 350 for about 10 minutes or until lightly browned.

Store in a sealed freezer bag. Rolls will keep for at least a week.

Carrot Muffins

- olive oil cooking spray, fresh or frozen
- 1 cup flour
- 1 cup rolled oats
- 1 tablespoon cornstarch
- 2 teaspoons baking powder
- 1 teaspoon allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 1 cup carrots, peeled and shredded
- 1 cup filtered water
- 1/3 cup coconut sugar or maple syrup
- 1/4 cup **Vegan Butter Substitute**, melted

Line two muffin pans with muffin papers. Spray with cooking spray.

Preheat the oven to 375°F. In a large mixing bowl, combine flour, oats or bran, cornstarch, baking powder, allspice, cinnamon, and salt. Toss in the grated carrots. Add the water, sugar or maple syrup, and oil or butter, and mix gently.

Spoon the batter into muffin pan, so each tin is about two-thirds full. Bake for 25-30 minutes, or until an inserted toothpick comes out clean. Allow to cool in pan for 5 minutes before transferring to a cooling rack.

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Chef John's Pumpkin Bread§

<http://allrecipes.com/recipe/219162/chef-johns-pumpkin-bread/>

- 1/2 cup pumpkin puree
- 1 cup filtered water, warm
- +1 tablespoon filtered water, warm
- 1/4 teaspoon yeast
- 1 1/4 teaspoon sea salt
- pinch pumpkin spice
- 3 cups flour
- 2 teaspoons corn meal, or as needed

*As the saying goes, "easy peasy lemon squeezy". I watched the video on this bread, because it seemed to be too easy. It's not quite as easy as it looks and, in the end, it doesn't rise very well. I ended up with more of a bread pie than a bread loaf. Whatever the case, sliced into bread 'sticks' and served with **Vegan Butter Substitute*** or fruit preserves ... it's delicious.*

In a medium bowl, stir together pumpkin puree, 1 cup plus 1 tablespoon of warm water, yeast, salt, and pumpkin pie spice. Mix in flour with a spatula until the dough is fully mixed and all the flour is moistened. Cover bowl with a damp towel, and allow dough to rise for 12-16 hours.

Scrape dough onto floured surface with floured spatula; sprinkle dough with more flour. With your fingers, press dough out into a rough square about 1 inch thick. Fold all four sides of dough in towards center, then turn folded dough over and form into a round loaf.

Generously cover a sheet pan with cornmeal.

Place loaf on prepared sheet pan with seam sides down, dusting top and sides with flour, then place a floured towel over dough. Allow to rise until doubled in size, about 1-1/2 hours.

Preheat oven to 425°F. Place a pan with 2 inches of water on the bottom rack. Just before baking, make a shallow slice (1/2 inch) across top of dough with a sharp knife.

Bake for 30 minutes in preheated oven. Turn pan around and bake for an additional 20 minutes, or until golden brown. Cool on a wire rack.

Once cooled, store in a sealed freezer bag to keep bread from turning hard.

This bread develops a very hard crust. Too, as noted, it doesn't raise very well. To serve either cut into strips or cut out chunks and slice horizontally to use the bread for sandwiches.

Cranberry Wheat Bread§

- olive oil cooking spray

- 1 1/2 cups filtered water
- 1/4 cup honey
- + 2 tbs honey, optional
- 2 tablespoons **Vegan Butter Substitute**, softened
- 1 1/2 teaspoons kosher salt
- 2 1/2 cups bread flour
- 1 1/2 cups whole wheat flour
- 1 3/4 teaspoons active dry yeast
- 2/3 cup cranberries, thawed

When I made this it turned out rather flat. I added the 1 1/2 teaspoons of kosher salt, and an optional 2 additional tablespoons of honey, to add some flavor to the loaf.

Spray bread pan liner with cooking spray. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for "Sweet" and adjust "Crust Color". Press the "Start/Stop" button. Once bread is initially mixed, add cranberries. Close the lid and finish baking.

Immediately remove bread from pan (it will pour out easily) and allow to cool a bit before cutting. Store in a plastic freezer bag once completely cooled.

Crunchy Wheat and Honey Bread§

- olive oil cooking spray, or coconut oil
- 1 1/3 cups filtered water
- 2 teaspoons **Vegan Butter Substitute**
- 1/4 cup honey
- 2 teaspoons sea salt
- 2 1/4 cups whole wheat flour
- 2 cups bread flour
- 2/3 cup almonds|pecans|walnuts, or a combination thereof, chopped
- 2 teaspoons active dry yeast
- additional **Vegan Butter Substitute**, softened, optional

You can also simply use 2 1/4 cups of bread flour, instead of the whole wheat flour.

Spray bread pan liner with cooking spray (or rub with coconut oil). Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for "Whole Wheat" and adjust

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“Crust Color”. Press the “Start/Stop” button.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

Optionally, spread with softened butter to prevent bread from drying out and to keep it soft and pliable.

Fresh Apple Cinnamon Muffins

- olive oil cooking spray, melted
- 1 1/2 cups flour
- 1/3 cup coconut sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon, divided
- 1/2 teaspoon sea salt
- 1 banana, mashed (as a substitute for an egg)
- 1/2 cup almond milk
- 1 apple, peeled, cored and finely chopped
- 1/4 cup **Vegan Butter Substitute**, melted
- 1/3 cup walnuts or pecans, chopped
- 1/4 cup brown sugar

Preheat oven to 375°F. Spray 12 muffin papers in a pan with olive oil spray.

In a large bowl, combine flour, sugar, baking powder, 1/2 teaspoon cinnamon, and the salt.

In a medium bowl, beat together the egg and milk. Stir in chopped apple and melted butter.

Add all at once to flour mixture. Stir just until mixed batter will be very stiff.

Spoon into prepared muffin tin, filling each cup about two-thirds full.

Mix chopped nuts, brown sugar, and remaining cinnamon to make topping. Sprinkle evenly over muffins.

Bake for 15 to 20 minutes. Remove from pan immediately to cool.

Italian Bread Using a Bread Machine§

<http://allrecipes.com/recipe/22823/italian-bread-using-a-bread-machine/>

- 4 cups unbleached flour
- 1 tablespoon light brown sugar
- 1 1/3 cups warm water (110° F)
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons olive oil
- 1 1/4 ounce package active dry yeast
- corn meal, as needed
- 1 egg
- 1 tablespoon
- butter, as required, softened

Place flour, brown sugar, warm water, salt, olive oil and yeast in the pan of the bread machine. Select Dough cycle and press Start.

Preheat oven to 170° F (or lowest setting possible).

Deflate the dough and turn it out onto a lightly floured surface. Form dough into two loaves. Place the loaves seam side down on a cutting board generously sprinkled with cornmeal.

Turn oven off.

Cover the loaves with a damp cloth and let rise in warmed oven, until doubled in volume, about 40 minutes.

Once bread has risen, remove and preheat oven to 375° F.

In a small bowl, beat together egg and 1 tablespoon water. Place the loaves on a parchment paper lined baking sheet.

If dough sticks, use a pancake turner to loosen.

Brush the risen loaves with egg mixture.

Make a single long, quick cut down the center of the loaves with a sharp knife. Slide the loaves onto a baking sheet with one quick but careful motion.

Bake in preheated oven for 30-35 minutes, or until loaves sound hollow when tapped on the bottom.

Remove from oven and spread softened butter on loaves. When loaves are cool, place in a large sealed plastic storage bag until ready to use.

*If making for use with **Toasted Garlic Bread** use both loaves.*

Italian Breadsticks§

- 1 packet yeast, or 1 1/2 teaspoons bread yeast
- 2/3 cup filtered water
- 1 tablespoon cane sugar
- 1 teaspoon sea salt
- 1/4+ cup olive oil, and more if needed
- 2-2 1/4 cups bread flour
- 2 additional tablespoons olive oil
- 1 stick **Vegan Butter Substitute**, melted
- sesame seeds

It's a little vague why these are called "Italian Breadsticks". Too, it's a lot of work but there's nothing to compare, and certainly nothing to compare to store bought breadsticks.

Line a baking sheet with parchment paper.

In a large bowl, place the yeast. In a 1-quart saucepan, heat the water over medium heat until warm and an instant-read thermometer reads 105°F to 115°F. Pour water over yeast. Stir until yeast is dissolved. Stir in the sugar, 1 teaspoon salt, 1/4 cup oil and 1 cup of the flour.

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Beat with a wooden spoon until smooth. Stir in enough of the remaining flour, about 1/2 cup at a time, until dough is soft, leaves side of bowl and is easy to handle (dough maybe slightly sticky).

If necessary, sprinkle flour lightly on a large cutting board. Place dough on floured surface. Knead by folding dough toward you, then with the heels of your hands, pushing dough away from you with a short rocking motion. Move dough a quarter turn and repeat. If dough does not stick together, add a little more olive oil to increase moisture content. Continue kneading about 5 minutes, sprinkling surface with more olive oil or flour if necessary, until dough is smooth and springy. If dough is sticky, lightly flour your hands. Shape dough into a uniform roll that's 10 inches long. Cut roll crosswise in half, into fourths, into eights and finally into sixteenths. Cut the pieces in half horizontally to make 36 pieces of dough. Roll each part into a pencil-like rope, 8 inches long for thick breadsticks or 10 inches long for thin breadsticks. (The actual length will vary depending on the amount of dough used.) Place breadsticks on cookie sheets. Brush with 2 tablespoons oil. Lay plastic wrap onto breadboard and lightly spray sheets of plastic wrap with cooking spray. Cover dough loosely with the plastic wrap, sprayed side down.

Preheat oven to NO MORE THAN 100°F and turn off. Be absolutely sure that oven is OFF! Place pan in oven to rise in warmed over for 20-30 minutes.

Move the oven rack to the middle position of the oven. Remove breadsticks from oven and remove plastic wrap. Divide raised breadsticks into TWO parchment paper lined baking pans. (Breadsticks will have swelled significantly.)

Preheat the oven to 350°F.

Melt butter. Brush breadsticks with melted with a pastry brush and then generously coat sesame seeds. Bake for 20 to 25 minutes or until breadsticks are golden brown. Remove from cookie sheets to cooling rack. Serve warm or cooled.

Multigrain Bread

- olive oil cooking spray
- 1 1/4 cups filtered water
- 2 tablespoons **Vegan Butter Substitute**, softened
- 2 cups bread flour
- 1 1/4 cups whole wheat flour
- 3/4 cup 7-grain cereal
- 1/4 cup brown sugar
- 1 1/2 teaspoons sea salt
- 2 3/4 teaspoons active dry yeast

Spray bread pan liner with cooking spray. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for "Whole Wheat" and adjust "Crust Color". Press the "Start/Stop" button.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

Oatmeal Carrot Muffins§

- 1 cup rolled oats
- 1/2 cup raisins
- 1 cup almond milk
- 1/2 cup carrots, peeled and shredded
- 1/2 cup coconut sugar
- 1/2 cup brown sugar
- 1/4 cup coconut oil, melted
- 2 banana, mashed (as a substitute for an egg)
- 1 teaspoon orange zest
- 1/2 cup flour
- 1/2 cup whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- olive oil cooking spray

In a large bowl, combine oats, raisins and milk. Stir well. Transfer mixture to a smaller bowl or plastic storage container. Cover and refrigerate for 2 hours or overnight, up to 24 hours.

Preheat oven to 400° F.

Combine carrot, sugars, oil, mashed bananas and orange zest. Stir into oat mixture.

Combine dry ingredients. Stir into batter just until moistened.

Place muffin liners in 2 muffin pans and coat liners with cooking spray. Fill cups two-thirds full. Bake for 20-25 minutes or until muffins test as done with an inserted toothpick. Cool in pan for 10 minutes before removing to a wire rack.

Pumpnickel Bread

- olive oil cooking spray
- 1 1/4 cups filtered water
- 1/4 cup molasses
- 1 1/4 cups filtered water
- 4 teaspoons **Vegan Butter Substitute**, softened
- 2 1/2 cups rye flour
- 2 tablespoons unsweetened baking cocoa powder
- 2 teaspoons sea salt
- 3 teaspoons active dry yeast

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Spray bread pan liner with cooking spray. Measure the molasses in first and then use the water to rise the measuring cup. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for “Whole Wheat” and adjust “Crust Color”. Press the “Start/Stop” button.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

Pumpkin Spice Bread

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 6241) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 15 ounce can pumpkin puree
- 1/2 cup maple syrup
- 1/3 cup apple butter
- 1 teaspoon vanilla extract
- 1/2 cup golden raisins, optional
- 1/2 cup walnuts, chopped, optional

Preheat the oven to 350°F.

Spread coconut oil on an 8×4 inch baking pan.

In a large mixing bowl sift together the flour, baking powder, baking soda, cinnamon, ginger, allspice, and cloves.

In a separate mixing bowl, vigorously mix together the pumpkin, maple syrup, apple butter, and vanilla.

Pour the wet mixture into the dry mixture and combine until everything is evenly moistened (the batter will be stiff). Fold in the raisins and walnuts, if using.

Spoon the batter into the prepared loaf pan. Distribute the batter evenly along the length of the pan but don't spread the batter to the edges; the batter will spread as it bakes. Bake for 50 to 60 minutes, or until an inserted tooth pick comes out clean.

Remove the pan from the oven and let the bread cool for at least 30 minutes, then run a knife around the edges and carefully invert the loaf onto a cooling rack. Be sure it is fully cooled before slicing.

Russian Black Bread

- olive oil cooking spray
- 1 1/4 cups filtered water
- 1/4 cup dark molasses
- 2 tablespoons **Vegan Butter Substitute**, softened
- 1 1/2 cups bread flour
- 1 1/3 cups whole wheat flour
- 1 1/3 cups rye flour
- 4 teaspoons coffee granules
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon fennel seeds, crushed

Spray bread pan liner with cooking spray. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for “Whole Wheat” and adjust “Crust Color”. Press the “Start/Stop” button.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

Rye Muffins

- 2 teaspoons active dry yeast
- 1 cup almond milk, warmed
- 3 tablespoons molasses
- 3 tablespoons coconut oil, melted
- 1/4 teaspoon sea salt
- 1 cup rye flour
- 1/2 cup flaxseed meal
- 1/2 cup oat flour, or rolled oats ground in a food processor
- olive oil cooking spray

Combine yeast in warm milk. Add molasses and oil. Let sit for 10 minutes.

In a separate bowl, combine salt, flour, bran and oats. Add yeast mixture to flour mixture and mix lightly.

Place 12 muffin liners in a muffin pan. Spray inside of liner with cooking spray. Fill muffin cups 3/4 full.

Preheat oven to 350°F.

Let sit for 10 minutes, but not longer. Bake for 35 minutes, or until a tooth pick comes out clean when inserted. Remove from oven and cool.

Simple One Loaf Wheat Bread

- olive oil cooking spray
- 1 cup filtered water
- 1 tablespoon honey
- 1 teaspoon molasses

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- 1 teaspoon sea salt
- 1 cup whole wheat flour
- 2 cups rye flour
- 2 tablespoons active dry yeast

Spray bread pan liner with cooking spray. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for “Whole Wheat” and adjust “Crust Color”. Press the “Start/Stop” button.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

Toasted Garlic Bread§

<http://allrecipes.com/recipe/21060/toasted-garlic-bread/>

- 1 1 pound loaf Italian bread, or regular bread if Italian bread is not available
- 1 stick of butter, softened
- 3 teaspoons olive oil
- 5 cloves garlic, crushed
- 1/2 teaspoons dried, oregano
- kosher salt, to taste
- pepper, to taste
- 1 cup shredded mozzarella cheese, optional

*The recipe for **Italian Bread Using a Bread Machine** can be used. If so included, use the two loaves from this recipe.*

Preheat the oven to 350° F.

Cut the bread into slices 1 to 2 inches thick.

In a small bowl, mix butter, olive oil, garlic, oregano, salt and pepper. Spread the mixture evenly on the bread slices.

On a medium baking sheet, arrange the slices evenly and broil 5 minutes, or until slightly brown. Check frequently so they do not burn.

Remove from oven.

Optionally, top with cheese and return to oven 2 to 3 minutes, until cheese is slightly brown and melted.

Serve at once.

Whole Wheat Bread

- olive oil cooking spray
- 1 2/3 cups filtered water
- 2 tablespoons **Vegan Butter Substitute**, softened
- 2 tablespoons filtered water
- 1/3 cup brown sugar

- 2 teaspoons sea salt
- 4 2/3 cups whole wheat flour
- 3 tablespoons active dry yeast

Spray bread pan liner with cooking spray. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for “Whole Wheat” and adjust “Crust Color”. Press the “Start/Stop” button.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

Whole Wheat Raisin Nut Bread

- olive oil cooking spray
- 1 3/4 cups filtered water
- + 2 tablespoons filtered water
- 2 tablespoons **Vegan Butter Substitute**, softened
- 4 2/3 cups whole wheat flour
- 1/4 cup brown sugar
- 2 teaspoons sea salt
- 3 1/2 teaspoons active dry yeast
- 3 1/2 teaspoons sea salt
- 1/2 cup walnuts|pecans, chopped
- 1/2 cup raisins

Spray bread pan liner with cooking spray. Measure and add liquid ingredients to the bread pan. Measure and add dry ingredients (except yeast) to the bread pan.

Use your finger to form a well (hole) in the flour above the liquid line. Place yeast in hole.

Set bread machine for “Whole Wheat” and adjust “Crust Color”.

Press the “Start/Stop” button.

When the bread machine beeps during the kneading cycle, raise the lid and sprinkle the chopped nuts and the raisins in, a few at a time, until they are kneaded with the dough.

Once the bread is done, allow to cool for 1/2 hour before removing from bread pan.

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