

Whole Wheat Ricotta Bread

This is a rich-tasting, moist bread with a slightly sweet flavor that everyone in my house loves. This recipe is adapted from *The Bread Machine Cookbook* by Donna Rathmell German, 1991. My version is whole grain and has less fat than the original. I've made this recipe using both part-skim and low-fat ricotta. The part-skim ricotta I used has more fat and a creamier texture than the low fat, and results in a bread that rises a little bit more.

Sizes are for Panasonic SD-YD250 bread maker. For this machine, add ingredients in order listed.

	XL	L	M	
White whole wheat flour	4 ¼ Cups	3 ¾ Cups	3 Cups	
Salt	1 ½ tsp.	1 ¼ tsp.	1 tsp.	
Sugar	6 Tbsp.	5 Tbsp.	4 Tbsp.	
Part-skim or low fat ricotta cheese	1 ¾ Cup	1 2/3 Cup	1 1/3 Cup	<i>Yogurt also works, but bread is less moist and sweet</i>
Apple sauce	3 Tbsp.	2 ½ Tbsp.	2 Tbsp.	
Egg substitute	5/8 Cup	½ Cup	3/8 Cup	
Dry yeast	1 ½ tsp.	1 ¼ tsp.	1 tsp.	<i>Add 1 tsp. if using rapid rise yeast</i>