



This is Ellie's first bread recipe! "I spent a lot of time researching before I even started baking," she says.

Try this at home:

RAISIN BREAD

Nutrition expert
Ellie Krieger gives us a
lesson in healthy baking.

PHOTOGRAPHS BY DAVID A. LAND

WHOLE-WHEAT CINNAMON-RAISIN BREAD

ACTIVE: 50 min | TOTAL: 4 hr 15 min
MAKES: 2 loaves (16 slices each)

- 2 cups bread flour, plus more for dusting
- 2 cups whole-wheat flour
- $\frac{1}{4}$ cup nonfat dry milk
- 1 large egg
- 2 tablespoons canola oil, plus more for brushing
- 3 tablespoons honey
- 2 teaspoons salt
- $1\frac{1}{2}$ teaspoons instant dry yeast
- Cooking spray
- $\frac{3}{8}$ cup raisins
- 1 tablespoon plus 1 teaspoon ground cinnamon
- $\frac{1}{8}$ cup packed dark brown sugar

1. Make the dough.

Measure out $1\frac{1}{4}$ cups very warm water and check the temperature; it should be 120° to 130° . Combine both flours, the dry milk, egg, canola oil, honey, salt, yeast and warm water in the bowl of a stand mixer fitted with the dough hook. Mix 3 minutes on the lowest setting, then increase to the next highest setting and mix 5 more minutes. The dough should be soft and sticky.



2. Let it rise. Transfer the dough to a large bowl coated with cooking spray. Cover tightly with plastic wrap and let rise at room temperature until the dough has nearly doubled in size, about 1 hour, 30 minutes.



3. Soak the raisins.

Dry raisins will rob moisture from the bread, so soak them first in boiling water until plump, about 30 minutes. Drain and pat dry.



4. Fold the dough.

Transfer the dough to a floured work surface. Picture it as a loose square. Lift up one side of the dough and fold about one-third of it across; press down on the dough with spread fingers to remove any air bubbles. Repeat with the remaining 3 sides of the dough.



5. Add the filling.

Mist two 9-by-5-inch loaf pans with cooking spray. Divide the dough in half; roll out each half into an 8-inch square. Brush each square with canola oil, then sprinkle with the cinnamon (it's high in antioxidants!), brown sugar and raisins.



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I used honey in the dough—it's an unrefined sweetener and keeps the bread moist and tender. I make French toast with my leftover bread. It's killer!”

6. Form the loaves.

Roll up each square of dough into a tight cylinder; place seam-side down in the prepared pans. Cover tightly with plastic wrap and let rise at room temperature until the dough fills the pans and springs back when touched, about 1 hour, 30 minutes.



7. Bake the bread.

Preheat the oven to 375°. Brush the loaves with canola oil and bake until golden brown, 25 to 30 minutes. Remove from the pans and transfer to a rack to cool completely.



A slice of
Ellie's bread
has just
99 calories!