

No Knead Dutch Oven Whole Wheat Bread via Jo Cooks	
4 cups whole wheat flour	0.74
2 tsp salt	0.012
¾ tsp active dry yeast	0.149
2 cups water (room temperature)	0
	\$0.90
No Knead 100% Whole Wheat Bread via King Arthur Flour	
1 cup lukewarm water	0
1/4 cup orange juice	0.087
1/4 cup melted butter or vegetable oil	0.37
3 tablespoons molasses	0.36
2 teaspoons instant yeast	0.397
1/4 cup Baker's Special Dry Milk or nonfat dry milk	0.378
1 1/4 teaspoons salt	0.075
3 cups King Arthur whole wheat flour, white whole wheat preferred	0.636
	\$2.30
Honey Whole Wheat Bread via A Mind"full" Mom	
4 1/2 cups 100% whole wheat flour	0.8325
1 1/2 cups warm water	0
1/3 cup olive oil	2.48
1/3 cup honey	0.97
1 tsp gluten (optional) found by yeast at grocery store - Omitted	
2 tsp salt	0.012
1 Tbs yeast	0.595
	\$ 4.89
	\$ 2.44
	total per loaf
100% Whole Wheat Bread via Breadworld by Fleischman's	
8 to 8-1/2 cups whole wheat flour	1.57
2 envelopes Fleischmann's® RapidRise Yeast	0.894
2-1/2 teaspoons salt	0.015
1-1/2 cups milk	0.24
1/2 cup water	0
1/4 cup honey	0.732
1/4 cup Mazola® Corn Oil	0.168
	\$3.62
	\$1.81
	total per loaf
Honey Whole Wheat Sandwich Buns via My Menu Pal	
1 cup water	0
1/4 cup canola oil	0.092
1/4 cup honey	0.732
1 large egg	0.211
3 cups white whole wheat flour	0.597
1/2 cup ground flaxseed	0.3
3/4 teaspoon salt	0.045
1 tablespoon vital wheat gluten	0.915
1 tablespoon yeast	0.595
	\$3.49
	8 buns

Homemade Hamburger Buns via Snacking in Sneakers	
2 tablespoons active dry yeast	1.19
1 cup warm water	0
3 tbsp sugar	0.039
1/4 cup vegetable oil (used canola oil)	0.092
"Flax egg" – 1 tbsp ground flaxseed + 3 tbsp hot water (Subbed in 1 large egg)	0.211
1 teaspoon salt	0.06
3 to 3 1/2 cups flour (whole "white wheat" works well in this recipe)	0.742
	\$2.33
30 Minute Whole Wheat Focaccia Bread via Back to Her Roots	
1 7/8 cup warm water	0
2 1/4 teaspoon (1 packet) dry active yeast	0.447
1 tablespoon honey	0.183
1/4 cup olive oil, divided	1.872
3 1/2 cups white whole wheat flour (recommended: King Arthur Flour)	0.707
1 teaspoon salt	0.06
1 clove garlic, minced	0.098
1 tablespoon Italian seasoning	0.106
2 tablespoons shredded Parmesan cheese	0.354
	\$3.83
Simple Whole Wheat Bread via Jenny Can Cook	
2 cups whole wheat flour	0.37
1/2 cup bread flour or all-purpose flour	0.073
2 teaspoons (1 packet/ 7 gms) instant yeast (or dry active yeast)	0.447
2 Tablespoons sugar	0.026
1 teaspoon salt	0.06
1 cup 1% milk	0.16
2 Tablespoons olive oil (or any vegetable oil)	0.936
1 egg	0.211
about 1/4 cup additional bread flour	0.036
	\$2.32

12 buns