

Family Fun Recipe: Bread-In-A-Bag!

This recipe is made by adding ingredients to a gallon-sized Ziploc bag. It helps cut down (a little!) on the mess and lets kids and kids-at-heart really sink their hands into the process. You can make two mini-loaves or one standard sized loaf of bread. Omit the raisins if you prefer, or try dried cranberries, instead. Have fun!

As you make your bread, try to imagine what it was like to make bread in the time that Jesus lived....

- *Do you think they had raisins?* Maybe they added olives and rosemary to make a savory bread, instead of a sweet bread.
- *Where did they cook their bread?* I don't think they had ovens like ours! Did they bake their bread over open fires?
- *Was it difficult to get flour?* They couldn't go to Wegman's for flour-they had to grind the grain or trade for it. Not everyone had ingredients for wheat bread. Barley was a popular grain to use by crushing or grinding it.
- *What other kinds of bread* do you think they made? Ancient Egyptians are credited with making the first *leavened* (made with yeast) bread.

Note: this recipe is dairy-free

Cinnamon Raisin Bread-In-A-Bag

3 cups of all-purpose flour, divided
3 Tbsp white sugar
½ cup raisins
2 tsps. Cinnamon
1 pkg (2 ¼ tsps.) rapid rise yeast
1 cup of warm (105°-110°F) water
2 Tbsp olive oil, or other vegetable oil
1 ½ tsps. Salt

- 1) In a resealable gallon-sized plastic bag, place 1 cup of the flour, the sugar, raisins, cinnamon, and yeast.
- 2) Add the warm water. Squeeze most of the air out of the bag and make sure it is sealed.
- 3) Squish the bag until these ingredients are well mixed, then let it rest for 10 minutes at room temperature to activate yeast (bubbles will appear).
- 4) Add 1 more cup of flour, the oil, and the salt.
- 5) Make sure the bag is sealed and squish it again until the ingredients are well mixed.
- 6) Add the last cup of flour, seal the bag, squish it until well mixed.
- 7) Remove the dough from the bag and put it on a lightly floured surface and knead the dough until it is smooth, about 5-10 minutes.
- 8) Grease two mini loaf pans OR one standard loaf pan.
- 9) Divide the dough in half to make mini loaves, or place it all in a standard loaf pan.
- 10) Cover the loaves with a clean, dry towel and let rise 30 minutes.
- 11) Bake mini loaves for 25-30 minutes in a 375°F oven until golden brown. (Bake a standard sized loaf 35-40 minutes in a 375°F oven until golden brown.)
- 12) Let cool 10 minutes and turn loaves out from pans. Cool, slice, and serve!