



# **Everyday Bread Machine Cookbook**

A Beginner's Guide to Simple,  
Wholesome, and Delicious Loaves, with  
Sweet Delights and Savory Favorites

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# INTRODUCTION

There is something timeless about the smell of freshly baked bread drifting through a home. It slows the world down for a moment. It reminds us of comfort, of nourishment, of simple pleasures that never quite lose their magic. Despite its popularity, many people still find the idea of baking bread daunting — whether because it seems overly technical, time-consuming, or simply too easy to get wrong.

This book exists to change that.

Homemade bread once meant hours of careful work, a bit of guesswork, and sometimes a little luck. Today, the bread machine makes it possible to make fresh bread even on the busiest days. All you really need is the machine, a few simple ingredients, and a little curiosity. Whether you've never baked a loaf before or you're simply looking for an easier way to enjoy homemade bread, I hope these pages help you find your own rhythm and confidence in the kitchen.

You won't find complicated techniques or intimidating terminology here. Instead, you'll discover clear explanations, practical tips, and friendly encouragement at every stage. You will learn what your bread machine actually does, how ingredients behave, what to expect from different cycles, and how to troubleshoot the small things that every beginner wonders about. Most importantly, you'll learn how to trust the process — and enjoy it.

As you move through the chapters, you'll explore a world of loaves: classic white and sandwich breads, hearty whole-grain creations, flavorful blends filled with herbs, seeds, fruits, and cheeses, tender dessert-style breads, nutritious health-focused options, gluten-free and keto variations, global styles, and even non-bread recipes your machine can make. I've tried to keep everything as down-to-earth as possible. The recipes are simple, the ingredients are the kind you can usually find without much trouble, and throughout the book you'll find small tips and easy swaps to help you make each loaf your own.

Maybe you're completely new to baking bread, or maybe you've already made a few loaves and want an easier routine — either way, I hope you'll feel right at home here. The bread machine isn't meant to take away the joy of baking. If anything, it helps make that joy easier to reach. It's there for fresh bread on busy days, for stocking the freezer with a few reliable favorites, and for the simple pleasure of seeing what a loaf can become with little more than a press of a button.

Welcome to your bread-baking journey. Your kitchen grows a little warmer, your table a little fuller, and your days more comforting with each loaf you bake.



# CHAPTER 1 — STARTING GUIDE TO YOUR BREAD MACHINE BAKING

*Your Bread Machine Journey Begins Here*

## Bread Machine Basics and Benefits

### What a Bread Machine Is

A bread machine is a compact kitchen appliance designed to handle the entire bread-making process — from mixing to kneading, rising, and baking — in a single container. Instead of several bowls, a stand mixer, your oven, and a good amount of practice, the bread machine acts as a tiny, efficient bakery on your countertop. Add the ingredients, select the program, close the lid, and let the machine do all the work.

Inside the machine is a removable pan fitted with a small paddle. During the mixing and kneading stages, the paddle turns the ingredients into a smooth dough; then, as the machine warms and the dough rises, it sits still and develops structure. Finally, the same pan becomes the baking chamber, giving you a finished loaf without ever switching equipment.

For people who are new to baking — or who feel intimidated by it — the bread machine removes the uncertainty and creates consistency. It handles the hardest steps with precision, giving you reliable results from your very first loaf.

### Why It Is Ideal for Beginners

Baking bread by hand takes skill, patience, and a good sense of how dough should feel. Beginners often wonder if they've kneaded enough, if the dough is rising properly, or if the oven is at the right temperature. A bread machine eliminates these uncertainties.

Here's what makes it so beginner-friendly:

- **You don't need special techniques.** The machine kneads perfectly every time.
- **Measurements matter, but technique doesn't stress you out.** You simply add the ingredients in the right order.

- **The machine controls temperature and timing.** No more worrying whether your kitchen is cold or too warm for dough to rise.
- **You get predictable results.** Even your very first loaf can turn out beautifully.

Beginners often feel intimidated by recipes that involve multiple rises, hand-kneading, or shaping dough. With a bread machine, all these steps happen automatically, freeing you to enjoy the process rather than fear mistakes.

## Daily-Life Advantages

One of the best benefits of a bread machine is how naturally it fits into everyday routines. You can start a loaf before work and return to a kitchen filled with the smell of fresh bread. You can set it to bake while you do housework, handle errands, or relax. It asks nothing from you besides measuring ingredients and pushing a button.

Bread machines also offer:

- **Less cleanup**, thanks to the single-pan system.
- **Time savings**, especially for families or busy schedules.
- **The ability to make dough** for rolls, pizza, pretzels, or naan without effort.
- **Fresh bread on demand**, without preservatives or added fillers.

Many owners also appreciate that a bread machine makes baking accessible even for people with limited mobility or limited kitchen space. It simplifies everything without reducing the quality of the finished bread.

## Why Homemade Bread Is Healthier and More Customizable

Store-bought bread often contains preservatives, additives, artificial flavors, and more salt and sugar than you might expect. With a bread machine, you control every ingredient. You choose the type of flour, the amount of salt, the level of sweetness, and whether you want wholesome grains or simple white bread.

Homemade bread also allows for:

- **Lower sodium**, ideal for heart-conscious households.
- **Higher fiber**, thanks to whole grains and seeds.
- **Cleaner ingredient lists**, perfect for families who care about what they eat.
- **Allergy-friendly options**, from gluten-free to dairy-free and nut-free variations.
- **Experimentation**, letting you adjust flavors and textures to your liking.

Most importantly, homemade bread tastes better. It has character, aroma, warmth, and personality that no packaged loaf can recreate. And when your bread comes from your own kitchen, you know exactly what went into it — and what stayed out.

## How It Works

Understanding how your bread machine functions is the key to becoming a confident baker. Once you know what's happening inside the machine — the parts, the cycles, and the order of ingredients — you'll feel far more relaxed and ready to experiment. The bread machine may look simple from the outside, but it performs a beautifully coordinated series of steps that mimic traditional bread baking. Let's break it down.

## Machine Anatomy (Pan, Paddle, Heating Element)

Every bread machine, no matter the brand, includes three essential components:

### 1. The Bread Pan

This is the removable metal container where all the ingredients go and where the loaf bakes. It functions as both a mixing bowl and an oven chamber. Most pans have a nonstick coating, so the loaf releases easily after baking.

### 2. The Paddle (Kneading Blade)

Attached to the bottom of the bread pan, the paddle mixes and kneads the dough during the early stages of the program. It rotates as the machine works, transforming loose ingredients into a cohesive, elastic dough ball.

In many loaves, the paddle remains in place during baking, which may leave a small indentation at the bottom of your bread — completely normal for bread machine loaves.

### 3. The Heating Element

Located around or beneath the bread pan, the heating element controls temperature during both rising and baking. It creates the warm environment the dough needs to expand and the high heat required for a golden crust.

Together, these simple parts take the place of a mixer, rising box, and oven — streamlining the entire bread-making process.

## How Ingredients Layer Inside the Pan

Layering ingredients correctly is essential for successful bread. In most machines, the general order is:

1. **Liquids first** (water, milk, oils, melted butter)
2. **Then dry ingredients** (flour, oats, seeds, sugar, dried milk)
3. **Salt added on one side of the flour**
4. **Instant yeast added last**, usually on top of the flour

This order keeps the yeast separate from the liquid until kneading begins, preventing premature activation. Too-early yeast contact can cause a loaf to rise too fast and collapse later.

You'll occasionally see variations depending on the machine brand, but the principle remains the same:

**Keep yeast dry until the machine starts mixing.**

## Available Loaf Sizes (1 lb., 1½ lbs., 2 lbs.)

Bread machines typically bake three standard loaf sizes:

- **1 lb. (small loaf)** – ideal for singles or couples
- **1½ lbs. (medium loaf)** – the most common size
- **2 lbs. (large loaf)** – perfect for families or weekly baking

This book provides ingredient amounts for all three loaf sizes whenever possible. Choosing the correct size setting ensures even mixing, proper rising, and accurate bake times.

If you select a loaf size smaller or larger than the recipe calls for, you may end up with a pale crust, an undermixed dough, or a loaf that touches the lid during baking.

## Explanation of Baking Programs

Most bread machines come with several preset programs. Each program adjusts kneading time, rising periods, and baking temperature to suit the type of bread you're making. Here's what each one does:

### Basic

The standard setting for most white and light wheat loaves. It provides balanced kneading, rising, and baking times — your everyday workhorse program.

### Whole Wheat

Designed for denser flours. This cycle includes a longer rise time and often a warmer rise temperature to help whole-grain dough develop structure.

### French

Creates a loaf with a crispier crust and chewier texture. It uses a longer rise and a slightly hotter bake, mimicking traditional French bread.

### Sweet

Ideal for enriched doughs containing sugar, honey, dried fruit, chocolate, or spices. Sugar affects browning, so this cycle adjusts temperatures to prevent over-darkening.

### Dough

Mixes, kneads, and rises the dough but does not bake it. Perfect for pizza dough, rolls, pretzels, cinnamon buns, naan, or any bread you want to shape by hand or finish in the oven.

### Quick / Rapid

A fast-rise cycle designed for loaves made with rapid-rise or instant yeast. Great when you need bread quickly, though the texture may be slightly lighter and less complex than slow-rise loaves.

### Jam

Gently heats and stirs fruit, sugar, and pectin into a smooth, glossy jam. Surprisingly effective and completely hands-off.

### Cake

Works like a small oven for batter-based recipes such as banana bread or pound-style cakes. There is no kneading — just mixing and baking inside the pan.

### Bake Only

Applies steady heat without mixing or rising. Useful for reheating, browning the crust, finishing an under-baked loaf, or baking shaped dough placed directly into the pan.

## Essentials of Bread Machine Baking Cycles

Bread machines work through a series of carefully timed stages, each designed to mimic what bakers traditionally do by hand — only far more consistently. Understanding these cycles will help you recognize what is happening inside the machine and why each step matters. When you know what the dough should look like, you gain confidence and control, even as a beginner.

### Knead

This is the first active stage of the program. As soon as the machine begins mixing, the paddle rotates to combine the ingredients and develop gluten.

During kneading:

- The dough transforms from loose, floury ingredients into a cohesive mass.
- Gluten strands begin to strengthen, giving bread texture and structure.
- The dough ball should eventually become smooth, elastic, and unified.

The kneading phase is the most important time to check your dough — usually within the first 5–10 minutes — to ensure the hydration is correct.

## **Rest**

After the initial mix, the machine may pause. This resting period allows the flour to absorb liquids more fully. It helps create a smoother dough and reduces stickiness.

During resting:

- The paddle stops moving.
- Dough may appear slightly lumpy at first but becomes more elastic as it hydrates.
- This stage prepares the dough for effective kneading and rising.

Not all machines include a Rest phase, but when present, it improves dough quality.

## **Rise**

The Rise stage is where the dough begins to expand as the yeast becomes active. The machine gently warms the dough to encourage fermentation.

During rising:

- Dough grows in volume — sometimes doubling in size.
- Its surface becomes smoother and more domed.
- The dough should feel soft, buoyant, and airy if touched.
- No mixing occurs during this stage.

Machines may include one long rise or multiple shorter ones.

## **Punchdown**

Some bread programs include a brief punchdown stage. The paddle moves slightly or the machine jiggles to deflate the dough, redistributing yeast and eliminating overly large air pockets.

During punchdown:

- The dough temporarily collapses.
- This helps create a more even crumb and prevents tunneling.
- The dough becomes more compact but will rise again.

Punchdown is normal and necessary — it prepares the dough for a smoother final rise.

## **Final Rise**

The dough rises once more, often more dramatically than before. This is the loaf's last chance to develop volume before baking.

In this phase:

- The dough dome becomes round, smooth, and taller.
- Yeast activity is at its peak.
- The machine maintains a warm, stable environment.
- You should not open the lid unless you need to adjust dough hydration early in the cycle.

A strong final rise leads to a lighter, more tender loaf.

## Bake

This is the final stage, where the heating element reaches higher temperatures to set the dough structure and form the crust.

During baking:

- The loaf stops rising and begins to firm up.
- The crust develops color depending on your selected setting (light, medium, dark).
- Moisture inside the loaf evaporates slowly, creating the interior crumb.

When the cycle ends, the machine usually beeps. Remove the loaf promptly to prevent the crust from softening due to trapped steam.

## What the Dough Should Look Like at Each Stage

A helpful way to understand proper dough consistency is to visualize how it evolves:

- **Early kneading:** Ingredients look rough and shaggy.
- **Mid kneading:** Dough gathers into a ball, pulling away from the pan walls.
- **Late kneading:** Dough ball is smooth, elastic, and slightly tacky but not sticky.
- **First rise:** Dough looks puffy and rounded.
- **Punchdown:** Dough briefly deflates.
- **Final rise:** Dough forms a higher, smoother dome that holds its shape.

If at any stage the dough seems extremely wet, dry, or crumbly, a small adjustment now can prevent a collapsed or dense loaf later.

## When Checking the Dough Is Appropriate

Although the bread machine is designed to run hands-off, checking the dough early can make a significant difference — especially for beginners.

You should open the lid only during **the kneading stage**, ideally 5–10 minutes after the cycle starts.

This allows you to:

- Add a teaspoon of water if the dough is too dry or stiff.
- Add a teaspoon of flour if the dough looks wet and spreads flat.
- Ensure ingredients were measured correctly.
- Confirm the dough ball is forming properly.

Once the Rise stage begins, **do not open the lid**. Sudden temperature changes can cause the loaf to sink, weaken structure, or rise unevenly.

A single early check is usually all you need to guarantee a successful loaf.

# Essential Ingredients and Substitutes

Choosing the right ingredients is one of the simplest ways to ensure consistent results in your bread machine. While the machine handles the mixing, kneading, and baking, the ingredients determine flavor, texture, aroma, and rise. This section gives beginners a strong foundation for understanding what each ingredient does — and how to make smart substitutions when needed.

## Bread Flour vs All-Purpose Flour

**Bread flour** is the gold standard for most bread machine recipes. It has a higher protein content, which means more gluten development and a better rise. This gives your bread:

- A taller loaf
- A chewier, more structured crumb
- Better elasticity during kneading

Most classic and sandwich-style breads in this book use bread flour for the most reliable results.

**All-purpose flour**, however, is still a perfectly usable option. While it produces a softer, slightly denser loaf, it can be substituted in almost any recipe when bread flour isn't available.

Beginners often appreciate knowing:

- Bread flour = stronger structure
- All-purpose flour = softer, more tender crumb

This book will note when the texture may change with substitutions, but both flours are welcome in a home kitchen.

## Whole Wheat, Rye, Oats, and Specialty Flours

Whole grain and specialty flours bring flavor, nutrition, and character to bread — but they also behave differently than white flours.

### Whole Wheat Flour

- Higher fiber
- Absorbs more liquid
- Produces a denser loaf unless combined with bread flour
- Needs longer rise times (your machine adjusts for this)

### Rye Flour

- Low gluten content
- Creates moist, hearty, flavorful loaves
- Often paired with bread flour for structure
- Benefits from added sweeteners or acidic ingredients like buttermilk

### Oat Flour and Oats

- Add moisture and softness
- Create a tender crumb
- Lower gluten, so usually combined with wheat flours
- Great in nutritious, daily-style loaves

### Specialty Flours (spelt, buckwheat, ancient grains)

- Unique flavors
- Often part of multigrain blends
- Not strong enough alone for bread machine structure
- Excellent for health-focused recipes

This book will clearly guide you anytime a blend is recommended for structure or hydration.

## **Instant Yeast (Primary Yeast Used in This Book)**

Bread machines require predictable rising power and reliable timing. For this reason:

**Instant yeast** is the standard yeast used throughout the entire book.

Why instant yeast?

- It activates quickly.
- It withstands shorter or longer knead cycles.
- It mixes easily with dry ingredients.
- It delivers consistent results across all loaf sizes and programs.

You do not need to dissolve instant yeast in water. Simply place it on top of the flour, away from the salt.

Active dry yeast can be used in some machines, but it behaves differently and may require pre-dissolving. To keep recipes beginner-friendly and consistent, this book uses instant yeast in all bread-based recipes.

## **Salt (With Low-Sodium Notes)**

Salt may seem like a small ingredient, but it plays multiple important roles:

- Balances sweetness
- Strengthens gluten structure
- Controls the speed of yeast activity
- Enhances flavor

Because many readers prefer lower-sodium options, this book keeps salt quantities moderate and notes where reductions are possible without affecting the loaf.

Helpful notes:

- Reducing salt too much can cause the dough to over-rise and collapse.
- Using fine sea salt or table salt ensures accurate measuring.
- Avoid salt touching the yeast before mixing — keep them separated in the pan.

## **Sugars and Sweeteners**

Sugar does more than add sweetness. In bread machine recipes it:

- Feeds the yeast
- Promotes browning
- Softens the crumb

Common sugars in this book:

- White sugar
- Brown sugar
- Honey
- Maple syrup

Substitutions are often possible, but sweetness levels and moisture may change slightly. Recipes will clarify when a switch is safe or recommended.

## **Oils, Fats, Dairy and Dairy-Free Liquids**

Fats help create tenderness, flavor, and softness in bread.

Common fats used:

- Butter
- Oil (olive oil or neutral oils like canola)
- Coconut oil (occasionally, for specific styles)

They also help extend shelf life and improve loaf texture.

Liquids — such as **water, milk, buttermilk, and dairy-free alternatives** — determine moisture level and crumb softness. Milk-based breads tend to rise higher and produce a richer taste, while water-based breads offer a clean, simple flavor.

Substitutions are welcome, and recipes specify when non-dairy options work well.

## Proven Substitutions for Dietary Needs

Every home kitchen is different. Whether you are avoiding dairy, reducing sodium, or cooking for someone with allergies, substitutions make bread machine baking flexible and accessible.

Common substitutions used throughout this book:

- **Milk** → **unsweetened almond milk or oat milk**
- **Butter** → **neutral oil or dairy-free butter**
- **Sugar** → **honey or maple syrup**
- **Bread flour** → **all-purpose flour** (texture changes noted)
- **Buttermilk** → **milk + lemon juice**
- **Salt reductions** for sodium-sensitive readers
- **Seed blends** for added protein and crunch
- **Whole wheat blends** for softer whole grain loaves

Every substitution mentioned in this book has been tested for reliability and beginner-friendliness.

## Bread Machine Troubleshooting and Maintenance

Even with a reliable bread machine, small issues can appear — and they're usually easy to fix once you understand what causes them. Most problems come from simple things like ingredient ratios, humidity, or the machine's environment. This section will help you recognize what went wrong, how to correct it, and how to keep your machine in good condition for many years.

### Dough Too Dry

If the dough looks rough, stiff, or crumbly as it kneads, it is too dry. You may see:

- Dough that doesn't form a smooth ball
- Flour stuck to the corners of the pan
- A loud "thumping" sound as the dry dough slaps the sides

Causes:

- Not enough liquid
- Too much flour
- Measuring errors
- Very dry household air (common in winter)

Fix:

During the first 5–10 minutes of kneading, add 1 teaspoon of water at a time until the dough becomes smooth and elastic.

## Dough Too Wet

Wet dough will spread out instead of forming a ball. It may look shiny, sticky, or loose.

Causes:

- Too much liquid
- Not enough flour
- High humidity
- Liquid ingredients measured generously

Fix:

Add 1 teaspoon of flour at a time during the early kneading phase. The dough should tighten into a soft, slightly tacky ball, not stick to the corners of the pan.

## Collapsed Loaf

A collapsed or sunken loaf often rises beautifully at first but caves in during or after baking.

Causes:

- Too much liquid
- Too much yeast
- Too little salt
- Over-proofing (especially in warm kitchens)
- Opening the lid during rising

Fix:

- Double-check yeast amounts — more yeast does not mean better bread.
- Adjust hydration by reducing liquid in future attempts.
- Ensure salt is included (it controls yeast activity).
- Keep the lid closed during the rise cycle.

## Dense, Heavy Loaf

A dense loaf lacks proper rise and has a compact crumb.

Causes:

- Old or expired yeast
- Too little yeast
- Too much whole wheat flour without balancing hydration
- Low room temperature
- Too little liquid
- Using all-purpose flour when bread flour is required

Fix:

- Make sure yeast is fresh and stored properly.
- Increase liquid slightly if dough seems stiff.
- Blend whole wheat with bread flour for structure.
- Warm liquids slightly during cold seasons (but never above 110°F (45°C)).

## Pale Crust

A pale loaf may taste fine but often feels underwhelming visually.

Causes:

- Too little sugar or fat
- Light crust setting selected
- Opening the lid during baking
- Short bake cycle due to incorrect program

Fix:

- Choose a darker crust setting if available.
- Ensure sugar or fat hasn't been mistakenly omitted.
- Let the machine bake undisturbed.
- If needed, use the **Bake Only** setting for 5–10 extra minutes.

## Overly Yeasty Aroma

Bread that smells too strongly of yeast can be off-putting, even if it tastes acceptable.

Causes:

- Too much yeast
- Dough rising too long or too warm
- Using active dry yeast instead of instant yeast (incorrect hydration)

Fix:

- Use the exact yeast amount listed in the recipe.
- Switch to instant yeast if not already using it.
- Reduce yeast slightly in warm climates or summer months.

## Paddle Stuck Inside the Loaf

This is a common — and harmless — bread machine quirk.

Why it happens:

The paddle stays in place during baking, and the loaf forms around it.

Fix:

- Allow the loaf to cool for 10–15 minutes.
- Gently rock it out of the pan.
- If the paddle remains inside the bread, use the hook tool provided by most manufacturers or slide it out gently with your fingers once the bread cools.

Prevention tip:

Some bakers pause the machine after kneading to remove the paddle. This is optional and not required for a good loaf.

## Proper Cleaning and Care

Maintaining your bread machine keeps it performing well and prevents damage.

Key steps:

- Allow the bread pan to cool before washing.
- Wash the pan and paddle by hand — avoid dishwashers.
- Never submerge the machine itself; wipe the exterior and interior with a damp cloth.
- Keep the heating element dry at all times.
- Avoid metal utensils inside the bread pan to protect the nonstick coating.
- Store the machine with the lid slightly open if possible to prevent odors.

A well-cared-for bread machine can last many years and produce hundreds of loaves with consistent quality.

## Common Issues, Baking Tips, Useful Tricks, FAQ

Even with a dependable bread machine, beginners often encounter small surprises — loaves that sink, dough that rises sluggishly, or textures that feel a bit off. These issues are normal, and most are easily corrected once you understand what causes them. This section gathers the most common beginner questions and the practical solutions that keep your bread-making journey smooth and successful.

## Why Loaves Sink

A loaf that collapses or sinks during the final rise or baking may look dramatic, but the cause is usually simple.

Common reasons include:

- **Too much liquid** → dough becomes too loose to hold structure
- **Too much yeast** → causes rapid rise followed by collapse
- **Not enough salt** → yeast becomes overactive
- **Warm kitchen conditions** → the dough rises too quickly
- **Opening the lid during the rise** → sudden temperature drop
- **Incorrect program used** → wrong cycle timing for the flour type

How to prevent sinking:

- Measure liquids carefully.
- Keep salt and yeast separated in the pan.
- Use the program intended for the flour (Whole Wheat vs. Basic).
- Avoid peeking once rising begins.

## Why Bread May Not Rise

A loaf that stays low, dense, or flat indicates weak yeast activity. This happens when:

- **Yeast is old or expired**
- **Water was too hot**, killing the yeast
- **Water was too cold**, slowing activation
- **The kitchen is very cold**
- **Salt touched the yeast early**
- **Too little liquid** prevented proper gluten development

Solutions:

- Use instant yeast stored in an airtight container.
- Keep liquids warm but never hot (about room temperature).
- Ensure dough forms a smooth, slightly tacky ball in the kneading stage.
- Keep salt and yeast far apart in the dry ingredients.

## Measuring Ingredients Correctly

Accurate measuring is one of the biggest differences between success and frustration in bread machine baking.

Essentials:

- **Always spoon and level flour** rather than scooping directly with the cup (scooping compacts the flour).
- **Measure liquids at eye level** in a liquid measuring cup.
- **Check dough consistency**, since humidity affects measurements.
- **Measure salt and yeast carefully**; small variations can change the dough dramatically.

Bread machines are forgiving — but consistent measuring makes your results even better.

## Understanding Humidity and Hydration

Environmental humidity changes how flour behaves:

- **Dry climates** → dough often needs more liquid
- **Humid climates** → dough may need less liquid

Because flour absorbs moisture from the air, the same recipe may look slightly different in summer versus winter.

A beginner-friendly rule:

- If the dough is stiff and dry → add 1 tsp water
- If the dough is loose and sticky → add 1 tsp flour

Make small adjustments only during the kneading phase. The dough should become a soft, smooth ball that gently sticks to the sides before pulling away.

## Beginner-Friendly Quick Fixes

Here are simple corrections every new baker should know:

- **Loaf too dense?**  
Add 1–2 tsp extra liquid next time or blend bread flour with whole wheat flour.
- **Loaf too dry?**  
Add 1 tsp water during kneading.
- **Loaf too crumbly?**  
Increase fat (oil or butter) slightly or ensure salt wasn't forgotten.
- **Loaf too yeasty?**  
Reduce yeast by  $\frac{1}{4}$  tsp or keep dough cooler during rising.
- **Loaf too small?**  
Check yeast freshness and water temperature.
- **Crust too pale?**  
Select a darker crust setting or add  $\frac{1}{2}$  tsp sugar.

Small adjustments often produce big improvements.

## Frequently Asked Questions

**Q: Can I open the lid during the cycle?**

Yes — but only during kneading. Once the first rise begins, keep the lid closed.

**Q: Do I have to use bread flour?**

Bread flour gives the best structure, but all-purpose flour works with slightly softer results.

**Q: Why is my loaf uneven on top?**

This usually means either too much liquid or over-rising. Adjust hydration next time.

**Q: Can I reduce the amount of sugar or salt?**

Salt can be reduced slightly, but not removed entirely. Sugar affects browning; reduce cautiously.

**Q: What if my paddle stays inside the loaf?**

This is normal. Remove it gently after cooling.

**Q: Can I pause the machine to remove the paddle before baking?**

Yes, during the final rise — but it's optional.

**Q: Can I use the Dough cycle for recipes in this book?**

Yes — many global and specialty breads intentionally use the Dough cycle only.

**Q: How do I store leftover bread?**

Wrap it in a breathable container at room temperature for 1–2 days or freeze slices for long-term storage.

# CHAPTER 2 — THE WELCOMING LOAF: CLASSIC BREADS TO BEGIN YOUR JOURNEY

## 7 Classic Beginner Recipes

Most classic white breads contain dairy or honey, so very few can be vegan without altering the character of the recipe.

However, the following can include a note:

- *Simple French-Style Bread Machine Loaf* — Easily Vegan with dairy-free milk or water.

## Recipes:

1. Classic American White Bread
2. Everyday Sandwich Loaf
3. Buttermilk White Bread Machine Loaf
4. Soft Milk Bread (Beginner-Friendly Edition)
5. Honey-Comfort White Bread
6. Country Home-Style White Loaf
7. Simple French-Style Bread Machine Loaf (Easily Vegan note in intro)



# CLASSIC AMERICAN WHITE BREAD

*A soft, comforting everyday loaf with a tender crumb and a mild, homey aroma — perfect for sandwiches and toast. Beginner-friendly and dependably golden every time.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 00 min (1 lb)  
 3 hr 15 min (1.5 lb)  
 3 hr 30 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Butter	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Sugar	1 tbsp (13 g)	1 $\frac{1}{2}$ tbsp (20 g)	2 tbsp (27 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{4}$ cups (270 g)	3 $\frac{1}{4}$ cups (390 g)	4 $\frac{1}{4}$ cups (510 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the listed order, beginning with the water and ending with the yeast resting on top of the flour.  
*1 lb:  $\frac{2}{3}$  cup water, 1 $\frac{1}{2}$  tbsp butter, 1 tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup water, 2 tbsp butter, 1 $\frac{1}{2}$  tbsp sugar, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups water, 2 $\frac{1}{2}$  tbsp butter, 2 tbsp sugar, 2 tsp salt*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, smooth ball.  
*Too dry or stiff? Add 1 tsp of water. Too sticky or spreading? Add 1 tsp flour. 1-lb loaves come together faster — check closer to the 5-minute mark.*
- Let the machine run through all cycles. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~130
Protein	4 g
Carbohydrates	23 g
Fat	3 g
Fiber	1 g
Sodium	175 mg



# EVERYDAY SANDWICH LOAF

A soft, reliable loaf with a fine, even crumb — great for sandwiches, toast, or simple buttered slices. A gentle aroma and golden crust make it a true everyday staple.

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (180 ml)	1 cup + 2 tbsp (270 ml)	1½ cups (360 ml)
Butter	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the order shown, starting with the water and ending with the yeast on top of the flour.  
*1 lb: ¾ cup water, 1½ tbsp butter, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp butter, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp butter, 1½ tbsp sugar, 2 tsp salt*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the cycle. After 5–10 minutes, check the dough — it should form a soft, cohesive ball.  
*Too stiff or crumbly? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*
- Let the machine run through all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~135
Protein	4 g
Carbohydrates	25 g
Fat	3 g
Fiber	1 g
Sodium	175 mg



# BUTTERMILK WHITE BREAD MACHINE LOAF

*A soft, tender loaf with a plush crumb and a gentle tang from buttermilk. Great for toast, sandwiches, or enjoying on its own — simple, reliable, and wonderfully aromatic.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Buttermilk, at room temperature	⅔ cup (160 ml)	1 cup (240 ml)	1⅓ cups (320 ml)
Water	1 tbsp (15 ml)	2 tbsp (30 ml)	3 tbsp (45 ml)
Butter	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	1 tbsp (13 g)	1½ tbsp (20 g)	2 tbsp (27 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the listed order, placing the yeast last on top of the flour.  
*1 lb: ⅔ cup buttermilk, 1 tbsp water, 1½ tbsp butter, 1 tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup buttermilk, 2 tbsp water, 2 tbsp butter, 1½ tbsp sugar, 1½ tsp salt | 2 lb: 1⅓ cups buttermilk, 3 tbsp water, 2½ tbsp butter, 2 tbsp sugar, 2 tsp salt*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should gather into a smooth, soft ball.  
*Too stiff or dry? Add 1 tsp of water. Too sticky? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~140
Protein	5 g
Carbohydrates	24 g
Fat	3 g
Fiber	1 g
Sodium	180 mg



# SOFT MILK BREAD (BEGINNER-FRIENDLY EDITION)

*Incredibly soft and fluffy with a delicate milk sweetness — ideal for toast, sandwiches, or enjoying as-is. Forgiving, consistent, and perfect for beginners.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 05 min (1 lb) / 3 hr 20 min (1.5 lb) / 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Milk, at room temperature	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	$1\frac{1}{3}$ cups (320 ml)
Butter	$1\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	$2\frac{1}{2}$ tbsp (35 g)
Sugar	$1\frac{1}{2}$ tbsp (17 g)	2 tbsp (25 g)	$2\frac{1}{2}$ tbsp (33 g)
Salt	1 tsp (6 g)	$1\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	$2\frac{2}{3}$ cups (280 g)	$3\frac{1}{2}$ cups (420 g)	$4\frac{2}{3}$ cups (560 g)
Instant yeast	1 tsp (3 g)	$1\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the order shown, starting with the milk and finishing with the yeast on top of the flour.  
*1 lb:  $\frac{2}{3}$  cup milk,  $1\frac{1}{2}$  tbsp butter,  $1\frac{1}{2}$  tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup milk, 2 tbsp butter, 2 tbsp sugar,  $1\frac{1}{2}$  tsp salt | 2 lb:  $1\frac{1}{3}$  cups milk,  $2\frac{1}{2}$  tbsp butter,  $2\frac{1}{2}$  tbsp sugar, 2 tsp salt*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball.  
*Too stiff or dry? Add 1 tsp of water. Too sticky? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~145
Protein	5 g
Carbohydrates	25 g
Fat	3.5 g
Fiber	1 g
Sodium	170 mg



# HONEY-COMFORT WHITE BREAD

*A soft, smooth loaf with a gentle honey sweetness and a warm, comforting aroma. Mellow and rich without feeling heavy — a feel-good bread that fits easily into everyday meals.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Honey	1 $\frac{1}{2}$ tbsp (20 g)	2 tbsp (30 g)	2 $\frac{1}{2}$ tbsp (40 g)
Butter	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the order listed, starting with the water and finishing with the yeast on top of the flour.  
*1 lb:  $\frac{2}{3}$  cup water, 1 $\frac{1}{2}$  tbsp honey, 1 $\frac{1}{2}$  tbsp butter, 1 tsp salt | 1.5 lb: 1 cup water, 2 tbsp honey, 2 tbsp butter, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups water, 2 $\frac{1}{2}$  tbsp honey, 2 $\frac{1}{2}$  tbsp butter, 2 tsp salt*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should gather into a soft, smooth ball.  
*Too firm or dry? Add 1 tsp of water. Too loose or sticky? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~150
Protein	4 g
Carbohydrates	27 g
Fat	3 g
Fiber	1 g
Sodium	170 mg



# COUNTRY HOME-STYLE WHITE LOAF

*A rustic white bread with a heartier feel, soft and slightly chewy crumb, and a gentle golden crust. Warm, cozy, and full of home-baked character.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 10 min (1 lb)  
 3 hr 25 min (1.5 lb)  
 3 hr 40 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Butter	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2½ cups (300 g)	3¾ cups (450 g)	5 cups (600 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the order listed, beginning with the water and ending with the yeast sprinkled over the flour.  
*1 lb: ¾ cup water, 1½ tbsp butter, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp butter, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp butter, 1½ tbsp sugar, 2 tsp salt*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, smooth ball that holds its shape.  
*Too stiff or dry? Add 1 tsp of water. Too sticky? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~155
Protein	5 g
Carbohydrates	28 g
Fat	3 g
Fiber	1 g
Sodium	175 mg



# SIMPLE FRENCH-STYLE BREAD MACHINE LOAF (EASILY VEGAN)

*A light, airy loaf with an open crumb and a delicate crust — rustic yet elegant. Mild in flavor and versatile enough for morning toast, evening soups, or anything in between.*

**Prep Time:** 5 minutes

**Cook Time:** 3 hr 10 min (1 lb)  
3 hr 25 min (1.5 lb) / 3 hr 40 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1¼ cups (300 ml)	1⅔ cups (400 ml)
Oil	2 tsp (9 g)	1 tbsp (14 g)	1½ tbsp (19 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅔ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

1. Add all ingredients to the bread pan in the listed order, starting with the water and finishing with the yeast on top of the flour.

*1 lb: ¾ cup water, 2 tsp oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1¼ cups water, 1 tbsp oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1⅔ cups water, 1½ tbsp oil, 1½ tbsp sugar, 2 tsp salt*

2. Insert the pan, select the French program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
3. Start the machine. After 5–10 minutes, check the dough — it should come together into a smooth, elastic ball.

*Too firm or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*

4. Let the machine complete all cycles without interruption. Do not open the lid during rising.
5. When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.

*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~140
Protein	4 g
Carbohydrates	26 g
Fat	2 g
Fiber	1 g
Sodium	170 mg

# CHAPTER 3 — THE HEARTY & WHOLESOME LOAF: WHOLE GRAINS & ANCIENT SEEDS

## 7 Whole-Grain Recipes

Many whole-grain breads are naturally dairy-free and egg-free. The following can include vegan notes:

- *100% Whole Wheat Daily Loaf — Easily Vegan*
- *Multigrain Super-Seeds Bread — Easily Vegan*
- *Six-Seed Hearty Bread — Easily Vegan*
- *Ancient Grains Power Loaf — Easily Vegan*
- *Whole Wheat & Oat Country Bread — Easily Vegan*

## Recipes:

1. 100% Whole Wheat Daily Loaf (Easily Vegan in intro)
2. Multigrain Super-Seeds Bread (Easily Vegan)
3. Light & Airy Rye Blend Bread (potentially vegan depending on liquid; we add note only if no dairy)
4. Honey Oatmeal Whole Grain Loaf
5. Six-Seed Hearty Bread (Easily Vegan)
6. Ancient Grains Power Loaf (Easily Vegan)
7. Whole Wheat & Oat Country Bread (Easily Vegan)



# 100% WHOLE WHEAT DAILY LOAF (EASILY VEGAN)

A nutty, hearty everyday loaf with a soft crumb perfect for sandwiches. Simple ingredients, beginner-friendly, and naturally full of flavor.

**Prep Time:** 5 minutes

**Cook Time:** 3 hr 30 min (1 lb)  
3 hr 40 min (1.5 lb) / 3 hr 50 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (180 ml)	1½ cups (270 ml)	1½ cups (355 ml)
Oil	1 tbsp (14 g)	1½ tbsp (21 g)	2 tbsp (28 g)
Honey	1 tbsp (15 g)	1½ tbsp (22 g)	2 tbsp (30 g)
Salt	¾ tsp (4 g)	1 tsp (6 g)	1½ tsp (9 g)
Whole wheat flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the exact order listed, starting with the water and finishing with the yeast on top of the flour.  
*1 lb: ¾ cup water, 1 tbsp oil, 1 tbsp honey, ¾ tsp salt | 1.5 lb: 1½ cups water, 1½ tbsp oil, 1½ tbsp honey, 1 tsp salt | 2 lb: 1½ cups water, 2 tbsp oil, 2 tbsp honey, 1½ tsp salt*
- Insert the pan, select the Whole Wheat program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a slightly firm yet cohesive ball.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or slack? Add 1 tsp flour. 1-lb loaves come together quickly — check at the 5-minute mark.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	6 g
Carbohydrates	29 g
Fat	3 g
Fiber	3 g
Sodium	170 mg



# MULTIGRAIN SUPER-SEEDS BREAD (EASILY VEGAN)

A hearty, textured loaf with a gentle nutty aroma from whole grains and seeds. Soft but satisfying — great for toast, sandwiches, or simply with a little butter.

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb)  
 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1½ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	1½ tbsp (21 g)	2 tbsp (28 g)
Honey	1 tbsp (15 g)	1½ tbsp (22 g)	2 tbsp (30 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Whole wheat flour	1 cup (120 g)	1½ cups (180 g)	2 cups (240 g)
Rolled oats	3 tbsp (15 g)	¼ cup (20 g)	⅓ cup (27 g)
Sunflower seeds	2 tbsp (18 g)	3 tbsp (27 g)	4 tbsp (36 g)
Flaxseeds	1½ tbsp (11 g)	2 tbsp (16 g)	2½ tbsp (21 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the order listed, beginning with the water and finishing with the yeast on top of the flour.  
*1 lb: ¾ cup water, 1 tbsp oil, 1 tbsp honey, 1 tsp salt | 1.5 lb: 1½ cups water, 1½ tbsp oil, 1½ tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 2 tbsp oil, 2 tbsp honey, 2 tsp salt*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with visible seeds throughout.  
*Too dry or stiff? Add 1 tsp of water. Too sticky? Add 1 tsp flour. Seeds absorb moisture as the dough rests — resist adding extra water after the first 10 minutes.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	6 g
Carbohydrates	28 g
Fat	4 g
Fiber	3 g
Sodium	175 mg



# LIGHT & AIRY RYE BLEND BREAD

*Soft, lightly earthy, and pleasantly aromatic — without the heaviness of traditional rye. A tender crumb with subtle depth, perfect for toast, sandwiches, or enjoying plain. A great introduction to rye for beginners.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 15 min (1 lb)  
 3 hr 30 min (1.5 lb)  
 3 hr 45 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	2 tsp (9 g)	1 tbsp (14 g)	1½ tbsp (19 g)
Sugar	1 tbsp (13 g)	1½ tbsp (20 g)	2 tbsp (27 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Rye flour	⅓ cup (40 g)	½ cup (60 g)	⅔ cup (80 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in order, starting with the water and ending with the yeast on top of the flour.  
*1 lb: ¾ cup water, 2 tsp oil, 1 tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 1 tbsp oil, 1½ tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 1½ tbsp oil, 2 tbsp sugar, 2 tsp salt*
- Insert the pan, select the Basic or Light Rye program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, slightly elastic ball with a light rye tint.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Rye flour absorbs water more slowly than bread flour — wait until after the first 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~150
Protein	4 g
Carbohydrates	27 g
Fat	2.5 g
Fiber	1 g
Sodium	170 mg



# HONEY OATMEAL WHOLE GRAIN LOAF

A warm, homey loaf blending honey sweetness with the hearty comfort of oats. Tender crumb, soft enough for sandwiches, sturdy enough for toast — whole-grain goodness made easy.

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb)  
 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅛ cups (315 ml)	1½ cups (420 ml)
Honey	1 tbsp (15 g)	2 tbsp (30 g)	3 tbsp (45 g)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅔ cups (200 g)	2½ cups (300 g)	3⅓ cups (400 g)
Whole wheat flour	⅔ cup (80 g)	1 cup (120 g)	1⅓ cups (160 g)
Rolled oats	¼ cup (20 g)	⅓ cup (30 g)	½ cup (40 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in order, beginning with the water and honey and ending with the yeast sprinkled on top of the flour.  
*1 lb: ¾ cup water, 1 tbsp honey, 1 tbsp oil, 1 tsp salt | 1.5 lb: 1⅛ cups water, 2 tbsp honey, 2 tbsp oil, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp honey, 3 tbsp oil, 2 tsp salt*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a cohesive, soft ball with oats evenly distributed.  
*Too stiff or dry? Add 1 tsp of water. Too sticky? Add 1 tsp flour. Oats absorb moisture gradually — wait until after the first 10 minutes before making any adjustments.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	5 g
Carbohydrates	29 g
Fat	3 g
Fiber	2 g
Sodium	170 mg



# SIX-SEED HEARTY BREAD (EASILY VEGAN)

*Packed with crunchy, nutty flavor from six wholesome seeds, yet surprisingly soft inside. Rustic and energizing — great for toast, sandwiches, or savoring on its own.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb)  
 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅓ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	1 tbsp (15 g)	1½ tbsp (22 g)	2 tbsp (30 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅔ cups (200 g)	2½ cups (300 g)	3⅓ cups (400 g)
Whole wheat flour	⅔ cup (80 g)	1 cup (120 g)	1⅓ cups (160 g)
Rolled oats	3 tbsp (15 g)	¼ cup (20 g)	⅓ cup (27 g)
Sunflower seeds	1½ tbsp (12 g)	2 tbsp (18 g)	2½ tbsp (23 g)
Pumpkin seeds	1½ tbsp (12 g)	2 tbsp (18 g)	2½ tbsp (23 g)
Flaxseeds	2 tsp (5 g)	1 tbsp (8 g)	1½ tbsp (11 g)
Sesame seeds	2 tsp (6 g)	1 tbsp (9 g)	1½ tbsp (13 g)
Chia seeds	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the listed order, starting with the water and ending with the yeast on top of the flour.  
*1 lb: ¾ cup water, 1 tbsp oil, 1 tbsp honey, 1 tsp salt | 1.5 lb: 1⅓ cups water, 2 tbsp oil, 1½ tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 2 tbsp honey, 2 tsp salt*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with seeds evenly distributed.  
*Too tight or dry? Add 1 tsp of water. Too sticky or slack? Add 1 tsp flour. Chia and flaxseeds absorb moisture as they hydrate — wait until after the first 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~175
Protein	6 g
Carbohydrates	27 g
Fat	4.5 g
Fiber	3 g
Sodium	175 mg



# ANCIENT GRAINS POWER LOAF (EASILY VEGAN)

A nourishing blend of ancient grains with a soft, satisfying crumb and gentle nuttiness. Perfect for wholesome sandwiches, hearty toast, or pairing with soups — old-world grains made easy.

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 35 min (1 lb)  
 3 hr 45 min (1.5 lb)  
 3 hr 55 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅛ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	1 tbsp (15 g)	1½ tbsp (22 g)	2 tbsp (30 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Whole wheat flour	⅔ cup (80 g)	1 cup (120 g)	1⅓ cups (160 g)
Spelt flour	⅓ cup (40 g)	½ cup (60 g)	⅔ cup (80 g)
Rolled oats	3 tbsp (15 g)	¼ cup (20 g)	⅓ cup (27 g)
Quinoa (uncooked)	1 tbsp (10 g)	2 tbsp (20 g)	3 tbsp (30 g)
Millet (uncooked)	1 tbsp (10 g)	2 tbsp (20 g)	3 tbsp (30 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the order listed, starting with the water and ending with the yeast sprinkled on top of the flour.  
*1 lb: ¾ cup water, 1 tbsp oil, 1 tbsp honey, 1 tsp salt | 1.5 lb: 1⅛ cups water, 2 tbsp oil, 1½ tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 2 tbsp honey, 2 tsp salt*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball with grains evenly distributed.  
*Too dry or tight? Add 1 tsp of water. Too sticky? Add 1 tsp flour. Quinoa and millet stay firm during mixing — small grain flecks in the dough are perfectly normal.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~170
Protein	6 g
Carbohydrates	29 g
Fat	3.5 g
Fiber	3 g
Sodium	175 mg



# WHOLE WHEAT & OAT COUNTRY BREAD (EASILY VEGAN)

A cozy country-style loaf with the hearty depth of whole wheat and the warm comfort of oats. Soft, slightly rustic crumb with a wholesome, home-baked aroma — perfect for sandwiches, toast, or enjoying plain.

**Prep Time:** 5 minutes

**Cook Time:** 3 hr 30 min (1 lb) / 3 hr 40 min (1.5 lb) / 3 hr 50 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅛ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	1 tbsp (15 g)	1½ tbsp (22 g)	2 tbsp (30 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Whole wheat flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Bread flour	1 cup (120 g)	1½ cups (180 g)	2 cups (240 g)
Rolled oats	¼ cup (20 g)	⅓ cup (30 g)	½ cup (40 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add all ingredients to the bread pan in the listed order, beginning with the water and ending with the yeast on top of the flour.  
*1 lb: ¾ cup water, 1 tbsp oil, 1 tbsp honey, 1 tsp salt | 1.5 lb: 1⅛ cups water, 2 tbsp oil, 1½ tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 2 tbsp honey, 2 tsp salt*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with oats visible throughout.  
*Too firm or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Oats absorb moisture gradually — wait until after the first 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	6 g
Carbohydrates	28 g
Fat	3 g
Fiber	3 g
Sodium	170 mg

# CHAPTER 4 — A WORLD OF FLAVOR IN EVERY SLICE (SPECIALTY & FLAVORED BREADS)

## 7 Flavored Recipes

Several flavor breads can be naturally vegan or adjustable:

- *Roasted Garlic & Rosemary Artisan Loaf — Easily Vegan*
- *Everything Bagel Spice Bread — Easily Vegan*
- *Kalamata Olive & Herb Mediterranean Loaf — Easily Vegan*

## Recipes:

1. Roasted Garlic & Rosemary Artisan Loaf (Easily Vegan)
2. Cheddar & Jalapeño Spice Bread
3. Cinnamon Raisin Swirl Loaf
4. Pesto & Sundried Tomato Bread Machine Loaf
5. Everything Bagel Spice Bread (Easily Vegan)
6. Kalamata Olive & Herb Mediterranean Loaf (Easily Vegan)
7. Tomato Basil Parmesan Bread



# ROASTED GARLIC & ROSEMARY ARTISAN LOAF (EASILY VEGAN)

Soft, tender crumb with a rustic crust and the warm, irresistible aroma of roasted garlic and fresh rosemary. Feels handcrafted — but completely beginner-friendly.

**Prep Time:** 10 minutes

**Cook Time:** 3 hr 15 min (1 lb) / 3 hr 30 min (1.5 lb)  
3 hr 45 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Honey	2 tsp (10 g)	1 tbsp (15 g)	1½ tbsp (22 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Roasted garlic (soft cloves, mashed)	2 tbsp (30 g)	3 tbsp (45 g)	4 tbsp (60 g)
Fresh rosemary, finely chopped	2 tsp (2 g)	1 tbsp (3 g)	1½ tbsp (4 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, honey, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp oil, 2 tsp honey, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp oil, 1 tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp oil, 1½ tbsp honey, 2 tsp salt*
- Add the bread flour, spreading it evenly to create a barrier between the liquids and the yeast.
- Scatter the mashed roasted garlic and chopped rosemary over the flour, avoiding the corners.  
*1 lb: 2 tbsp garlic, 2 tsp rosemary | 1.5 lb: 3 tbsp garlic, 1 tbsp rosemary | 2 lb: 4 tbsp garlic, 1½ tbsp rosemary*
- Sprinkle the yeast last so it stays dry until you begin mixing.
- Insert the pan, select the Basic or French program (if your model offers a slower rise), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, smooth ball with herbs and garlic evenly incorporated.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or slack? Add 1 tsp flour. Roasted garlic adds moisture — 2 lb loaves may need a touch less water on humid days.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~155
Protein	4 g
Carbohydrates	27 g
Fat	3.5 g
Fiber	1 g
Sodium	175 mg



# CHEDDAR & JALAPEÑO SPICE BREAD

Melty cheddar meets the bright kick of jalapeño in a tender, golden loaf with just enough heat to bring the flavor to life. Great for sandwiches, soups, or a simple snack.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 15 min (1 lb)  
 3 hr 30 min (1.5 lb)  
 3 hr 45 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Shredded cheddar cheese	⅔ cup (73 g)	1 cup (110 g)	1⅓ cups (147 g)
Jalapeño, finely chopped (seeds removed)	1 tbsp (13 g)	2 tbsp (20 g)	3 tbsp (30 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp oil, 1½ tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to completely cover the liquids.
- Scatter the chopped jalapeños and shredded cheddar over the flour.  
*1 lb: 1 tbsp jalapeño, ⅔ cup cheddar | 1.5 lb: 2 tbsp jalapeño, 1 cup cheddar | 2 lb: 3 tbsp jalapeño, 1⅓ cups cheddar*
- Sprinkle the yeast last, keeping it dry on the surface of the flour.
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball with cheese and jalapeño evenly distributed.  
*Too stiff or dry? Add 1 tsp of water. Too sticky? Add 1 tsp flour. Cheddar releases moisture as it melts — 2 lb loaves may need slightly less water on warm days.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~175
Protein	6 g
Carbohydrates	26 g
Fat	5 g
Fiber	1 g
Sodium	180 mg



# CINNAMON RAISIN SWIRL LOAF

*Soft, tender crumb with warm cinnamon swirls and gently sweet raisins — a nostalgic, comforting loaf perfect for breakfast toast, afternoon tea, or a simple treat.*

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Milk	3 tbsp (45 ml)	$\frac{1}{4}$ cup (60 ml)	$\frac{1}{3}$ cup (80 ml)
Butter	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Sugar	1 $\frac{1}{2}$ tbsp (17 g)	2 tbsp (25 g)	2 $\frac{1}{2}$ tbsp (33 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Ground cinnamon	2 tsp (5 g)	1 tbsp (8 g)	1 $\frac{1}{2}$ tbsp (11 g)
Raisins	$\frac{1}{2}$ cup (73 g)	$\frac{3}{4}$ cup (110 g)	1 cup (147 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, milk, butter, sugar, and salt to the bread pan first.  
*1 lb:  $\frac{2}{3}$  cup water, 3 tbsp milk, 1 $\frac{1}{2}$  tbsp butter, 1 $\frac{1}{2}$  tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup water,  $\frac{1}{4}$  cup milk, 2 tbsp butter, 2 tbsp sugar, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups water,  $\frac{1}{3}$  cup milk, 2 $\frac{1}{2}$  tbsp butter, 2 $\frac{1}{2}$  tbsp sugar, 2 tsp salt*
- Add the bread flour over the liquids, spreading it evenly to create a barrier. Sprinkle the cinnamon on top, away from the corners. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Basic or Sweet program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball. Add the raisins at the mix-in signal, or drop them in once the dough has come together.  
*1 lb:  $\frac{1}{2}$  cup raisins | 1.5 lb:  $\frac{3}{4}$  cup raisins | 2 lb: 1 cup raisins. Too dry or tight? Add 1 tsp of water. Too sticky? Add 1 tsp flour. Raisins add moisture — wait until they're fully incorporated before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	4 g
Carbohydrates	30 g
Fat	3 g
Fiber	1 g
Sodium	170 mg



# PESTO & SUNDRIED TOMATO BREAD MACHINE LOAF

*Aromatic basil pesto meets the deep, savory sweetness of sundried tomatoes in a soft, vibrant loaf flecked with herbs. Mediterranean character made easy — great for sandwiches, soups, and everyday meals.*

**Prep Time:** 10 minutes

**Cook Time:** 3 hr 05 min (1 lb) / 3 hr 20 min (1.5 lb) / 3 hr 35 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Oil	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Pesto	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (32 g)	2 $\frac{1}{2}$ tbsp (40 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1 $\frac{1}{2}$ tbsp (18 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Sundried tomatoes, finely chopped (not oil-packed)	$\frac{1}{4}$ cup (30 g)	$\frac{1}{3}$ cup (45 g)	$\frac{1}{2}$ cup (60 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, pesto, sugar, and salt to the bread pan first.  
*1 lb:  $\frac{1}{4}$  cup tomatoes | 1.5 lb:  $\frac{1}{3}$  cup tomatoes | 2 lb:  $\frac{1}{2}$  cup tomatoes. Note: Use dry-packed sundried tomatoes, not oil-packed — excess oil will throw off the dough balance.*
- Add the bread flour over the liquids, spreading it evenly to create a complete barrier. Scatter the chopped sundried tomatoes over the flour. Add the yeast last, keeping it dry on the surface.  
*1 lb:  $\frac{1}{4}$  cup tomatoes | 1.5 lb:  $\frac{1}{3}$  cup tomatoes | 2 lb:  $\frac{1}{2}$  cup tomatoes. Note: use dry-packed sundried tomatoes, not oil-packed — excess oil will throw off the dough balance.*
- Insert the pan, select the Basic or French program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with visible pesto streaks and tomato pieces.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Pesto adds oil and moisture — 2 lb loaves may need slightly less water on warm days.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~170
Protein	5 g
Carbohydrates	27 g
Fat	4 g
Fiber	1 g
Sodium	175 mg



# EVERYTHING BAGEL SPICE BREAD (EASILY VEGAN)

All the bold, savory flavor of an everything bagel in a soft, tender loaf. Toasted sesame, garlic, and onion in every slice — without the chew. Makes sandwiches and toast a lot more exciting.

**Prep Time:** 10 minutes

**Cook Time:** 3 hr 05 min (1 lb) / 3 hr 20 min (1.5 lb)  
3 hr 35 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Everything bagel seasoning	2 tbsp (16 g)	3 tbsp (24 g)	4 tbsp (32 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp oil, 1½ tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to cover the liquids. Sprinkle the Everything Bagel seasoning on top. Add the yeast last, keeping it dry on the surface.  
*1 lb: 2 tbsp seasoning | 1.5 lb: 3 tbsp seasoning | 2 lb: 4 tbsp seasoning. Note: Everything bagel seasoning already contains salt — the recipe accounts for this, so don't add extra.*
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball with seasoning speckled throughout.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	5 g
Carbohydrates	27 g
Fat	3.5 g
Fiber	1 g
Sodium	180 mg



# KALAMATA OLIVE & HERB MEDITERRANEAN LOAF (EASILY VEGAN)

Savory Kalamata olives and bright herbs baked into a soft, tender loaf with a rustic, artisan feel. Bold Mediterranean character — beginner-friendly and easy every time.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 10 min (1 lb) / 3 hr 25 min (1.5 lb)  
 3 hr 40 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2½ cups (280 g)	3½ cups (420 g)	4¾ cups (560 g)
Kalamata olives, chopped (pitted)	⅓ cup (53 g)	½ cup (80 g)	⅔ cup (107 g)
Dried oregano	¾ tsp (1 g)	1 tsp (1 g)	1½ tsp (2 g)
Dried rosemary	¾ tsp (1 g)	1 tsp (1 g)	1½ tsp (2 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp oil, 1½ tbsp sugar, 2 tsp salt*
- Add the bread flour over the liquids, spreading it evenly to form a complete barrier. Scatter the olives and dried herbs on top. Add the yeast last, keeping it dry on the surface.  
*1 lb: ⅓ cup olives, ¾ tsp oregano, ¾ tsp rosemary | 1.5 lb: ½ cup olives, 1 tsp oregano, 1 tsp rosemary | 2 lb: ⅔ cup olives, 1½ tsp oregano, 1½ tsp rosemary. Note: Kalamata olives are naturally salty — use well-drained, pitted olives and avoid adding extra salt.*
- Insert the pan, select the Basic or French program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with olives and herbs distributed throughout.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Olives release moisture during mixing — wait until after the first 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~170
Protein	5 g
Carbohydrates	26 g
Fat	4 g
Fiber	1 g
Sodium	185 mg



# TOMATO BASIL PARMESAN BREAD

Sweet tomato, aromatic basil, and savory Parmesan in a tender, herb-speckled loaf with a warm, rustic Italian aroma. Perfect for soup pairings, sandwiches, or snacking.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 10 min (1 lb)  
 3 hr 25 min (1.5 lb)  
 3 hr 40 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Tomato juice (unsalted)	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Oil	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1 $\frac{1}{2}$ tbsp (18 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Grated Parmesan cheese	$\frac{1}{3}$ cup (30 g)	$\frac{1}{2}$ cup (45 g)	$\frac{2}{3}$ cup (60 g)
Dried basil	2 tsp (3 g)	1 tbsp (4 g)	1 $\frac{1}{2}$ tbsp (6 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Pour the tomato juice, oil, sugar, and salt into the bread pan first.  
*1 lb:  $\frac{2}{3}$  cup tomato juice, 1 $\frac{1}{2}$  tbsp oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup tomato juice, 2 tbsp oil, 1 tbsp sugar, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups tomato juice, 2 $\frac{1}{2}$  tbsp oil, 1 $\frac{1}{2}$  tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to cover the liquids fully. Sprinkle the Parmesan and dried basil on top. Add the yeast last, keeping it dry on the surface.  
*1 lb:  $\frac{1}{3}$  cup Parmesan, 2 tsp basil | 1.5 lb:  $\frac{1}{2}$  cup Parmesan, 1 tbsp basil | 2 lb:  $\frac{2}{3}$  cup Parmesan, 1 $\frac{1}{2}$  tbsp basil. Note: Use unsalted tomato juice — salted varieties will make the loaf too salty and can slow the yeast.*
- Insert the pan, select the Basic or French program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball with basil and cheese evenly dispersed.  
*Too tight or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Tomato juice is thicker than water — the dough may look slightly stiffer at first, give it a full 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~170
Protein	6 g
Carbohydrates	27 g
Fat	4 g
Fiber	1 g
Sodium	185 mg

# CHAPTER 5 — THE SWEET SIDE OF LIFE: DESSERT-STYLE LOAVES

## 6 Sweet Dessert-Style Recipes

Sweet loaves usually contain eggs or dairy. None qualify for “Easily Vegan” unless heavily altered.

### Recipes:

1. Chocolate Chip Brioche-Style Bread
2. Warm Apple Cider Bread
3. Lemon Blueberry Dessert Loaf
4. Cinnamon Sugar Swirl Bread
5. Maple Pecan Sweet Loaf
6. Orange Cranberry Sunshine Bread



# CHOCOLATE CHIP BRIOCHE-STYLE BREAD

*Soft, tender, and slightly buttery with pockets of melty chocolate in every slice. A dessert-like loaf that bakes beautifully in the machine — perfect for breakfast treats, snacking, or decadent toast.*

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb) / 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Milk	⅓ cup (80 ml)	½ cup (120 ml)	⅔ cup (160 ml)
Water	⅓ cup (80 ml)	½ cup (120 ml)	⅔ cup (160 ml)
Butter	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Sugar	2 tbsp (25 g)	3 tbsp (38 g)	4 tbsp (50 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅔ cups (560 g)
Chocolate chips	½ cup (87 g)	¾ cup (130 g)	1 cup (173 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the milk, water, butter, sugar, and salt to the bread pan first.  
*1 lb: ⅓ cup milk, ⅓ cup water, 2 tbsp butter, 2 tbsp sugar, 1 tsp salt | 1.5 lb: ½ cup milk, ½ cup water, 3 tbsp butter, 3 tbsp sugar, 1½ tsp salt | 2 lb: ⅔ cup milk, ⅔ cup water, 4 tbsp butter, 4 tbsp sugar, 2 tsp salt*
- Add the bread flour over the liquids, spreading it evenly to create a complete barrier. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Sweet or Basic program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. Add the chocolate chips at the mix-in signal — or drop them in once the dough has formed a ball, about 5–10 minutes in.  
*1 lb: ½ cup chips | 1.5 lb: ¾ cup chips | 2 lb: 1 cup chips. Adding chips early is fine too — they'll partially melt into the dough, creating a marbled effect rather than distinct pockets.*
- Check the dough after the first 10 minutes — it should form a smooth, soft ball.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Butter-rich doughs take longer to come together — give it a full 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — the chocolate pockets stay molten longer, and cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~185
Protein	5 g
Carbohydrates	30 g
Fat	5 g
Fiber	1 g
Sodium	170 mg



# WARM APPLE CIDER BREAD

A soft, tender loaf with natural apple sweetness and a gentle hint of cinnamon. Cozy, fragrant, and autumn-like — perfect for breakfast, afternoon tea, or any moment that calls for a little warmth.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Apple cider (unsweetened)	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Oil	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Sugar	1 $\frac{1}{2}$ tbsp (17 g)	2 tbsp (25 g)	2 $\frac{1}{2}$ tbsp (33 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{2}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Ground cinnamon	$\frac{1}{2}$ tsp (2 g)	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (4 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Pour the apple cider, oil, sugar, and salt into the bread pan.  
*1 lb:  $\frac{2}{3}$  cup cider, 1 $\frac{1}{2}$  tbsp oil, 1 $\frac{1}{2}$  tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup cider, 2 tbsp oil, 2 tbsp sugar, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups cider, 2 $\frac{1}{2}$  tbsp oil, 2 $\frac{1}{2}$  tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to cover the liquids fully. Sprinkle the cinnamon on top. Add the yeast last, keeping it dry on the surface.  
*1 lb:  $\frac{1}{2}$  tsp cinnamon | 1.5 lb: 1 tsp cinnamon | 2 lb: 1 $\frac{1}{2}$  tsp cinnamon. Use unsweetened apple cider — sweetened varieties add extra sugar that can cause over-browning and affect the rise.*
- Insert the pan, select the Sweet or Basic program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should gather into a soft, smooth ball with a warm cinnamon aroma.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Apple cider is slightly thicker than water — the dough may look stiffer at first, give it a full 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	4 g
Carbohydrates	28 g
Fat	3 g
Fiber	1 g
Sodium	170 mg



# LEMON BLUEBERRY DESSERT LOAF

*Fresh lemon zest and sweet blueberries in a soft, tender crumb — light, fragrant, and gently dessert-like. A sunny, beginner-friendly loaf perfect for breakfast slices or an afternoon treat.*

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Milk	⅔ cup (160 ml)	1 cup (240 ml)	1⅓ cups (320 ml)
Butter	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tbsp (25 g)	3 tbsp (38 g)	4 tbsp (50 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅔ cups (560 g)
Lemon zest	2 tsp (4 g)	1 tbsp (6 g)	1½ tbsp (9 g)
Blueberries (fresh or frozen, not thawed)	⅔ cup (93 g)	1 cup (140 g)	1⅓ cups (187 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

1. Add the milk, butter, sugar, and salt to the bread pan first.  
*1 lb: ⅔ cup milk, 1½ tbsp butter, 2 tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup milk, 2 tbsp butter, 3 tbsp sugar, 1½ tsp salt | 2 lb: 1⅓ cups milk, 2½ tbsp butter, 4 tbsp sugar, 2 tsp salt*
2. Add the bread flour, spreading it evenly to create a complete barrier. Sprinkle the lemon zest on top. Add the yeast last, keeping it dry on the surface.  
*1 lb: 2 tsp zest | 1.5 lb: 1 tbsp zest | 2 lb: 1½ tbsp zest. Use freshly grated zest for the best aroma — pre-packed zest works but gives a milder flavor.*
3. Insert the pan, select the Sweet program (or Basic if that's the closest option), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
4. Start the machine. Add the blueberries at the mix-in signal, or drop them in once the dough has formed a ball — about 5–10 minutes in. *1 lb: ⅔ cup blueberries | 1.5 lb: 1 cup blueberries | 2 lb: 1⅓ cups blueberries. Use frozen berries straight from the freezer — thawed blueberries release too much juice and will stain and wet the dough. Too firm? Add 1 tsp of water. Too sticky? Add 1 tsp flour.*
5. Let the machine complete all cycles without interruption. Do not open the lid during rising.
6. When done, remove the loaf and cool on a rack for at least 30 minutes before slicing. *2 lb loaves benefit from 45 minutes — blueberries stay hot inside, and cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~175
Protein	4 g
Carbohydrates	30 g
Fat	3.5 g
Fiber	1 g
Sodium	170 mg



# CINNAMON SUGAR SWIRL BREAD

A warm cinnamon-sugar ribbon inside a soft, tender crumb — nostalgic, cozy, and indulgent. Classic bakery charm made easy in your bread machine.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Milk	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Butter	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Sugar	1 $\frac{1}{2}$ tbsp (17 g)	2 tbsp (25 g)	2 $\frac{1}{2}$ tbsp (33 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Ground cinnamon	2 tsp (5 g)	1 tbsp (8 g)	1 $\frac{1}{2}$ tbsp (11 g)
Additional sugar (for swirl)	2 tbsp (25 g)	3 tbsp (38 g)	4 tbsp (50 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the milk, butter, sugar, and salt to the bread pan first.  
*1 lb:  $\frac{2}{3}$  cup milk, 1 $\frac{1}{2}$  tbsp butter, 1 $\frac{1}{2}$  tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup milk, 2 tbsp butter, 2 tbsp sugar, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups milk, 2 $\frac{1}{2}$  tbsp butter, 2 $\frac{1}{2}$  tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to cover the liquids. Sprinkle the cinnamon on top, away from the corners. Add the yeast last, keeping it dry on the surface.  
*1 lb: 2 tsp cinnamon | 1.5 lb: 1 tbsp cinnamon | 2 lb: 1 $\frac{1}{2}$  tbsp cinnamon.*
- Insert the pan, select the Sweet or Basic program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should gather into a soft, smooth ball.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- At the mix-in signal — or once the dough has formed — sprinkle in the additional sugar to create pockets and streaks of sweetness during kneading.  
*1 lb: 2 tbsp swirl sugar | 1.5 lb: 3 tbsp swirl sugar | 2 lb: 4 tbsp swirl sugar. Don't add the swirl sugar at the start — it will dissolve into the dough, and you'll lose the swirl effect.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~170
Protein	4 g
Carbohydrates	29 g
Fat	3.5 g
Fiber	1 g
Sodium	170 mg



# MAPLE PECAN SWEET LOAF

Cozy maple sweetness meets buttery pecan crunch in a soft, tender loaf with pockets of nutty richness. A gentle dessert-like bread perfect for breakfast, tea time, or any sweet moment in the day.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Milk	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	$1\frac{1}{3}$ cups (320 ml)
Maple syrup	2 tbsp (40 g)	3 tbsp (60 g)	4 tbsp (80 g)
Butter	$1\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	$2\frac{1}{2}$ tbsp (35 g)
Salt	1 tsp (6 g)	$1\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	$2\frac{1}{3}$ cups (280 g)	$3\frac{1}{2}$ cups (420 g)	$4\frac{2}{3}$ cups (560 g)
Chopped pecans	$\frac{1}{3}$ cup (37 g)	$\frac{1}{2}$ cup (55 g)	$\frac{2}{3}$ cup (73 g)
Instant yeast	1 tsp (3 g)	$1\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the milk, maple syrup, butter, and salt to the bread pan first.  
*1 lb:  $\frac{2}{3}$  cup milk, 2 tbsp maple syrup,  $1\frac{1}{2}$  tbsp butter, 1 tsp salt | 1.5 lb: 1 cup milk, 3 tbsp maple syrup, 2 tbsp butter,  $1\frac{1}{2}$  tsp salt | 2 lb:  $1\frac{1}{3}$  cups milk, 4 tbsp maple syrup,  $2\frac{1}{2}$  tbsp butter, 2 tsp salt*
- Add the bread flour over the liquids, spreading it evenly to cover them fully. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Sweet program (or Basic if that's the closest option), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. Add the pecans at the mix-in signal — or drop them in once the dough has formed a smooth ball, about 5–10 minutes in. *1 lb:  $\frac{1}{3}$  cup pecans | 1.5 lb:  $\frac{1}{2}$  cup pecans | 2 lb:  $\frac{2}{3}$  cup pecans. Use pure maple syrup, not pancake syrup — imitation syrup is mostly corn syrup and won't give the same depth of flavor or behave the same way in the dough.*
- Check the dough after the first 10 minutes — it should be smooth and soft with pecans beginning to distribute. *Too tight or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~185
Protein	4 g
Carbohydrates	29 g
Fat	5 g
Fiber	1 g
Sodium	170 mg



# ORANGE CRANBERRY SUNSHINE BREAD

Sunny orange aroma meets the lively tartness of cranberries in a soft, tender loaf with a cheerful, refreshing character. Perfect for mornings, snacks, or sharing with guests.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Orange juice (unsweetened)	$\frac{2}{3}$ cup (160 ml)	1 cup (240 ml)	1 $\frac{1}{3}$ cups (320 ml)
Oil	1 $\frac{1}{2}$ tbsp (21 g)	2 tbsp (28 g)	2 $\frac{1}{2}$ tbsp (35 g)
Sugar	2 tbsp (25 g)	3 tbsp (38 g)	4 tbsp (50 g)
Salt	1 tsp (6 g)	1 $\frac{1}{2}$ tsp (9 g)	2 tsp (12 g)
Bread flour	2 $\frac{1}{3}$ cups (280 g)	3 $\frac{1}{2}$ cups (420 g)	4 $\frac{2}{3}$ cups (560 g)
Orange zest	2 tsp (4 g)	1 tbsp (6 g)	1 $\frac{1}{2}$ tbsp (9 g)
Dried cranberries	$\frac{1}{2}$ cup (60 g)	$\frac{3}{4}$ cup (90 g)	1 cup (120 g)
Instant yeast	1 tsp (3 g)	1 $\frac{1}{2}$ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the orange juice, oil, sugar, and salt to the bread pan.  
*1 lb:  $\frac{2}{3}$  cup OJ, 1 $\frac{1}{2}$  tbsp oil, 2 tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup OJ, 2 tbsp oil, 3 tbsp sugar, 1 $\frac{1}{2}$  tsp salt | 2 lb: 1 $\frac{1}{3}$  cups OJ, 2 $\frac{1}{2}$  tbsp oil, 4 tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to form a complete barrier. Sprinkle the orange zest on top. Add the yeast last, keeping it dry on the surface. *1 lb: 2 tsp zest | 1.5 lb: 1 tbsp zest | 2 lb: 1 $\frac{1}{2}$  tbsp zest. Use freshly grated zest for the brightest aroma — avoid the white pith, which adds bitterness.*
- Insert the pan, select the Sweet or Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. Add the dried cranberries at the mix-in signal — or drop them in once the dough has formed a smooth ball, about 5–10 minutes in.  
*1 lb:  $\frac{1}{2}$  cup cranberries | 1.5 lb:  $\frac{3}{4}$  cup cranberries | 2 lb: 1 cup cranberries. Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Orange juice is slightly acidic and can slow yeast — don't reduce it below the listed amount.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~175
Protein	4 g
Carbohydrates	31 g
Fat	3.5 g
Fiber	1 g
Sodium	170 mg

# CHAPTER 6 — NOURISH & GLOW: BAKING FOR A HEALTHIER YOU

## 6 Healthy, High-Fiber, High-Protein Recipes

Health loaves often use dairy or eggs. Only these may allow a vegan note:

- *High-Fiber Oat & Wheatmeal Bread* — Easily Vegan if dairy-free liquid is used.
- *Heart-Healthy Olive Oil Loaf* — Naturally vegan or Easily Vegan.

### Recipes:

1. High-Protein Super Seed Loaf
2. Flax & Oat Diabetic-Friendly Bread
3. Low-Sodium Whole Wheat Everyday Loaf
4. Cottage Cheese Protein Bread Machine Loaf
5. High-Fiber Oat & Wheatmeal Bread (Easily Vegan)
6. Heart-Healthy Olive Oil Loaf (Easily Vegan)



# HIGH-PROTEIN SUPER SEED LOAF

Hearty whole grains and a generous mix of protein-rich seeds in a soft, toasty loaf. Great for sandwiches, toast, or a wholesome snack that keeps you energized.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb)  
 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅞ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	1 tbsp (15 g)	1½ tbsp (22 g)	2 tbsp (30 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Whole wheat flour	⅔ cup (80 g)	1 cup (120 g)	1⅓ cups (160 g)
Rolled oats	3 tbsp (15 g)	¼ cup (20 g)	⅓ cup (27 g)
Sunflower seeds	2 tbsp (18 g)	3 tbsp (27 g)	4 tbsp (36 g)
Pumpkin seeds	2 tbsp (18 g)	3 tbsp (27 g)	4 tbsp (36 g)
Hemp seeds	1 tbsp (10 g)	2 tbsp (20 g)	3 tbsp (30 g)
Chia seeds	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add the water, oil, honey, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1 tbsp oil, 1 tbsp honey, 1 tsp salt | 1.5 lb: 1⅞ cups water, 2 tbsp oil, 1½ tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 2 tbsp honey, 2 tsp salt*
- Add both flours on top, spreading them evenly to cover the liquids fully. Sprinkle the oats and all seeds over the flour. Add the yeast last, keeping it dry on the surface.  
*Chia and hemp seeds absorb moisture quickly — the dough may look stiffer than usual at first. Give it a full 10 minutes before making any adjustments.*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a cohesive, soft ball with seeds spread evenly throughout. *Too tight or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~180
Protein	7 g
Carbohydrates	27 g
Fat	4.5 g
Fiber	3 g
Sodium	175 mg



# FLAX & OAT DIABETIC-FRIENDLY BREAD

A gentle, wholesome loaf with natural fiber from flax and oats — steady on blood sugar, soft in crumb, and warm with a nutty aroma. Nourishing everyday bread that never feels heavy.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb)  
 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1½ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	2 tsp (10 g)	1 tbsp (15 g)	1½ tbsp (22 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅔ cups (200 g)	2½ cups (300 g)	3⅓ cups (400 g)
Whole wheat flour	⅔ cup (80 g)	1 cup (120 g)	1⅓ cups (160 g)
Rolled oats	3 tbsp (15 g)	¼ cup (20 g)	⅓ cup (27 g)
Ground flaxseed	2 tbsp (14 g)	3 tbsp (21 g)	4 tbsp (28 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add the water, oil, honey, and salt to the bread pan.  
*1 lb: ¾ cup water, 1 tbsp oil, 2 tsp honey, 1 tsp salt | 1.5 lb: 1½ cups water, 2 tbsp oil, 1 tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 1½ tbsp honey, 2 tsp salt*
- Add both flours, spreading them evenly to cover the liquids fully. Sprinkle the oats and ground flaxseed on top. Add the yeast last, keeping it dry on the surface.  
*Ground flaxseed absorbs water quickly and thickens the dough — the mix may look stiffer than usual at first. Give it a full 10 minutes before adjusting.*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with visible grains and flax.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	6 g
Carbohydrates	26 g
Fat	3.5 g
Fiber	3 g
Sodium	170 mg



# LOW-SODIUM WHOLE WHEAT EVERYDAY LOAF

Hearty whole wheat flavor with a soft, balanced crumb — and noticeably less salt. Naturally nutty and comforting, perfect for daily meals that call for a lighter sodium approach.

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb)  
 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅞ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	2 tsp (10 g)	1 tbsp (15 g)	1½ tbsp (22 g)
Salt	¼ tsp (2 g)	½ tsp (3 g)	¾ tsp (4 g)
Whole wheat flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Bread flour	1 cup (120 g)	1½ cups (180 g)	2 cups (240 g)
Rolled oats	1 tbsp (7 g)	2 tbsp (14 g)	3 tbsp (21 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add the water, oil, honey, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1 tbsp oil, 2 tsp honey, ¼ tsp salt | 1.5 lb: 1⅞ cups water, 2 tbsp oil, 1 tbsp honey, ½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 1½ tbsp honey, ¾ tsp salt. Note: With very little salt, measure carefully — salt also controls yeast activity, so too much or too little affects the rise.*
- Add both flours, spreading them evenly to cover the liquids fully. Sprinkle the oats on top. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Whole Wheat program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, cohesive ball with a slightly hearty texture.  
*Too firm or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Low-sodium doughs can rise slightly faster than usual — don't be surprised if the loaf is a little taller.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~155
Protein	6 g
Carbohydrates	27 g
Fat	3 g
Fiber	3 g
Sodium	~75 mg



# COTTAGE CHEESE PROTEIN BREAD MACHINE LOAF

A moist, tender sandwich loaf with a subtle savory aroma and an extra protein boost from cottage cheese. Soft, nourishing, and beginner-friendly — a smart choice for everyday meals.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	⅓ cup (80 ml)	½ cup (120 ml)	⅔ cup (160 ml)
Cottage cheese (small curd)	⅔ cup (150 g)	1 cup (225 g)	1⅓ cups (300 g)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, cottage cheese, oil, sugar, and salt to the bread pan first.  
*1 lb: ⅓ cup water, ⅔ cup cottage cheese, 1½ tbsp oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: ½ cup water, 1 cup cottage cheese, 2 tbsp oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: ⅔ cup water, 1⅓ cups cottage cheese, 2½ tbsp oil, 1½ tbsp sugar, 2 tsp salt. Use small-curd cottage cheese — large-curd cottage cheese doesn't blend as smoothly into the dough.*
- Add the bread flour over the liquids, spreading it evenly to form a complete barrier. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough—it should form a soft, slightly creamy ball due to the cottage cheese.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Cottage cheese varies in moisture content by brand — a 1 lb loaf may need a touch more flour if the cheese is very wet.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	7 g
Carbohydrates	26 g
Fat	3.5 g
Fiber	1 g
Sodium	180 mg



# HIGH-FIBER OAT & WHEATMEAL BREAD (EASILY VEGAN)

*Whole wheat warmth and oat softness in a tender, mildly rustic loaf. Wholesome without being heavy — gentle fiber, subtle nuttiness, and satisfying texture in every slice.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 30 min (1 lb)  
 3 hr 40 min (1.5 lb) / 3 hr 50 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1½ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	2 tsp (10 g)	1 tbsp (15 g)	1½ tbsp (22 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Whole wheat flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Bread flour	1 cup (120 g)	1½ cups (180 g)	2 cups (240 g)
Rolled oats	¼ cup (20 g)	⅓ cup (30 g)	½ cup (40 g)
Wheat bran	2 tbsp (13 g)	3 tbsp (20 g)	4 tbsp (27 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add the water, oil, honey, and salt to the bread pan.  
*1 lb: ¾ cup water, 1 tbsp oil, 2 tsp honey, 1 tsp salt | 1.5 lb: 1½ cups water, 2 tbsp oil, 1 tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 1½ tbsp honey, 2 tsp salt*
- Add both flours, spreading them evenly to cover the liquids fully. Sprinkle the oats and wheat bran on top. Add the yeast last, keeping it dry on the surface.  
*1 lb: ¼ cup oats, 2 tbsp bran | 1.5 lb: ⅓ cup oats, 3 tbsp bran | 2 lb: ½ cup oats, 4 tbsp bran. Wheat bran absorbs water slowly — the dough may feel stiffer than usual at first. Wait a full 10 minutes before adjusting.*
- Insert the pan, select the Whole Wheat or Multigrain program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a cohesive, soft ball with a slightly textured feel from the bran and oats.  
*Too firm or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	6 g
Carbohydrates	27 g
Fat	3 g
Fiber	4 g
Sodium	170 mg



# HEART-HEALTHY OLIVE OIL LOAF (EASILY VEGAN)

*Light and golden with a tender, silky crumb and a fragrant olive oil aroma. Wholesome without being heavy — perfect for toast, sandwiches, or dipping. Gentle Mediterranean warmth in every slice.*

**Prep Time:** 5 minutes

**Cook Time:** 3 hr 05 min (1 lb) /  
3 hr 20 min (1.5 lb) / 3 hr 35 min (2 lb)

**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Olive oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, olive oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp olive oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp olive oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp olive oil, 1½ tbsp sugar, 2 tsp salt*
- Add the bread flour, spreading it evenly to cover the liquids fully. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball with a silky feel from the olive oil.  
*Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. Use a good-quality extra virgin olive oil for the best flavor — light or pure olive oil works too, but gives a milder aroma.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	4 g
Carbohydrates	27 g
Fat	3.5 g
Fiber	1 g
Sodium	170 mg

# CHAPTER 7 — BAKING FOR EVERY BODY: GLUTEN-FREE & SPECIAL DIETS

## 4 Recipes (Gluten-Free, Keto, Vegan)

This chapter offers a small collection of gluten-free, keto, and vegan breads designed to suit different dietary needs while remaining simple and reliable to make in a bread machine.

### Recipes:

1. White Gluten-Free Everyday Loaf
2. Gluten-Free Whole Grain Blend Bread
3. Classic Keto Almond Flour Bread
4. Sunflower & Maple Vegan Bread (Easily Vegan)



# WHITE GLUTEN-FREE EVERYDAY LOAF

A soft, dependable gluten-free loaf with a tender crumb and mild, comforting flavor. Slices cleanly, toasts beautifully, and avoids the gumminess of many GF breads. Simple, light, and reliable.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 00 min (1 lb)  
 3 hr 10 min (1.5 lb) / 3 hr 20 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1⅛ cups (315 ml)	1½ cups (420 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	1½ tbsp (17 g)	2 tbsp (25 g)	2½ tbsp (33 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Gluten-free all-purpose flour blend	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Xanthan gum (only if not in your flour blend)	¾ tsp (2 g)	1 tsp (3 g)	1¼ tsp (4 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

## INSTRUCTIONS

- Add the water, oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp oil, 1½ tbsp sugar, 1 tsp salt | 1.5 lb: 1⅛ cups water, 2 tbsp oil, 2 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp oil, 2½ tbsp sugar, 2 tsp salt*
- Add the gluten-free flour blend, spreading it evenly to cover the liquids fully. If your blend does not contain xanthan gum, sprinkle it over the flour now. Add the yeast last, keeping it dry on the surface. *Check your flour bag label — most store blends (Bob's Red Mill 1-to-1, King Arthur Measure for Measure) already include xanthan gum. Adding extra xanthan gum to a blend that already contains it will make the loaf dense and gummy.*
- Insert the pan, select the Gluten-Free program (or Basic if that's the closest option), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — gluten-free dough should look like a thick, smooth batter, not a ball. This is normal.  
*Too thick or clumpy? Add 1 tsp of water. Too runny? Add 1 tsp flour. 1 lb batters are more sensitive to small adjustments — add liquid or flour half a teaspoon at a time.*
- Let the machine complete all cycles without interruption. Do not open the lid — gluten-free dough does not benefit from additional handling.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*GF loaves need the full cooling time to set their structure — cutting too early almost always results in a gummy, collapsing crumb. 45 minutes is even better for 2 lb loaves.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	3 g
Carbohydrates	30 g
Fat	3 g
Fiber	1 g
Sodium	170 mg



# GLUTEN-FREE WHOLE GRAIN BLEND BREAD

A hearty gluten-free loaf with whole-grain warmth, subtle nuttiness, and a soft, tender crumb. Rises beautifully for a GF bread — wholesome, satisfying, and beginner-friendly.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 10 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 30 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (210 ml)	1½ cups (315 ml)	1½ cups (420 ml)
Oil	1 tbsp (14 g)	2 tbsp (28 g)	3 tbsp (42 g)
Honey	2 tsp (10 g)	1 tbsp (15 g)	1½ tbsp (22 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Gluten-free all-purpose flour blend	1⅔ cups (200 g)	2½ cups (300 g)	3⅓ cups (400 g)
Gluten-free whole grain flour blend*	⅔ cup (80 g)	1 cup (120 g)	1⅓ cups (160 g)
Rolled oats (certified gluten-free)	3 tbsp (15 g)	¼ cup (20 g)	⅓ cup (27 g)
Xanthan gum (only if not in your blends)	¾ tsp (2 g)	1 tsp (3 g)	1¼ tsp (4 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2¼ tsp (7 g)

Good whole-grain options: sorghum, brown rice, millet, or buckwheat flour — or a pre-blended mix of these.

## INSTRUCTIONS

- Add the water, oil, honey, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1 tbsp oil, 2 tsp honey, 1 tsp salt | 1.5 lb: 1½ cups water, 2 tbsp oil, 1 tbsp honey, 1½ tsp salt | 2 lb: 1½ cups water, 3 tbsp oil, 1½ tbsp honey, 2 tsp salt*
- Add both flour blends on top, spreading them evenly to cover the liquids fully. Sprinkle the oats over the flour. If your blends do not include xanthan gum, sprinkle it on now. Add the yeast last, keeping it dry on the surface. *Check both flour bag labels before adding xanthan gum — most store blends already include it. Adding extra will make the loaf dense and gummy. Make sure your oats are labeled certified gluten-free; regular oats are often cross-contaminated.*
- Insert the pan, select the Gluten-Free program (or Basic if that's the closest option), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should look like a thick, smooth batter, not a ball. This is normal for gluten-free dough. *Too thick or clumpy? Add 1 tsp of water. Too loose or runny? Add 1 tsp flour. Whole-grain flours absorb moisture more slowly — give it the full 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid — gluten-free dough should not be handled mid-cycle.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*GF loaves need the full cooling time to set their structure — cutting too early almost always results in a gummy crumb. 45 minutes is even better for 2 lb loaves.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~165
Protein	4 g
Carbohydrates	29 g
Fat	3.5 g
Fiber	2 g
Sodium	170 mg



# CLASSIC KETO ALMOND FLOUR BREAD

*Rich, low-carb, and tender with a naturally nutty almond aroma. Slices cleanly, works great for sandwiches or toast, and satisfies without the heaviness of grain bread.*

**Prep Time:** 10 minutes  
**Cook Time:** 2 hr 50 min (1 lb)  
 3 hr 00 min (1.5 lb)  
 3 hr 15 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

Note: yeast is used for flavor only — almond-based doughs do not rise like wheat dough. This loaf is leavened by eggs and baking powder.

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Eggs (large)	3	4	5
Water	½ cup (80 ml)	½ cup (120 ml)	⅔ cup (160 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Salt	¾ tsp (4 g)	1 tsp (6 g)	1¼ tsp (8 g)
Almond flour	1⅔ cups (167 g)	2½ cups (250 g)	3⅓ cups (333 g)
Coconut flour	3 tbsp (22 g)	¼ cup (30 g)	5 tbsp (37 g)
Ground flaxseed	2 tbsp (14 g)	3 tbsp (21 g)	4 tbsp (28 g)
Baking powder	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Instant yeast	¾ tsp (2 g)	1 tsp (3 g)	1¼ tsp (4 g)

## INSTRUCTIONS

1. Add the eggs, water, oil, and salt to the bread pan first. *1 lb: 3 eggs, ½ cup water, 1½ tbsp oil, ¾ tsp salt | 1.5 lb: 4 eggs, ½ cup water, 2 tbsp oil, 1 tsp salt | 2 lb: 5 eggs, ⅔ cup water, 2½ tbsp oil, 1¼ tsp salt. Use room-temperature eggs — cold eggs make the batter clump unevenly.*
2. Add the almond flour, coconut flour, and flaxseed on top, spreading them evenly. Sprinkle the baking powder over the flour, then add the yeast last, keeping it dry on the surface.  
*1 lb: 1⅔ cups almond flour, 3 tbsp coconut flour, 2 tbsp flaxseed, 2 tsp baking powder | 1.5 lb: 2½ cups almond flour, ¼ cup coconut flour, 3 tbsp flaxseed, 1 tbsp baking powder | 2 lb: 3⅓ cups almond flour, 5 tbsp coconut flour, 4 tbsp flaxseed, 1½ tsp baking powder*
3. Insert the pan, select the Quick Bread or Cake program (this loaf does not need kneading), set the loaf size, and choose Light or Medium crust — Dark can overbrown almond flour.
4. Start the machine. After 3–5 minutes, check the batter — it should be thick and smooth, not a kneaded ball. This is normal. *Too thick? Add 1 tsp of water. Too loose? Add 1 tsp almond flour. Coconut flour absorbs liquid slowly — wait a full 5 minutes before adjusting. 2 lb batters are more forgiving; 1 lb batters are more sensitive to small changes.*
5. Let the machine complete all cycles without interruption.
6. When done, remove the loaf and cool on a rack for at least 30 minutes before slicing. *Keto loaves are more fragile when hot — 45 minutes of cooling gives a much cleaner slice, especially for 2 lb loaves.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~175
Protein	6 g
Carbohydrates	5 g
Fat	14 g
Fiber	3 g
Sodium	145 mg



# SUNFLOWER & MAPLE VEGAN BREAD (EASILY VEGAN)

Cozy maple sweetness and nutty sunflower crunch in a soft, tender loaf with subtle wholesome richness. Beginner-friendly and perfect for everyday meals.

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb) / 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Maple syrup	1½ tbsp (27 g)	2 tbsp (40 g)	2½ tbsp (53 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅓ cups (560 g)
Sunflower seeds	⅓ cup (47 g)	½ cup (70 g)	⅔ cup (93 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, maple syrup, and salt to the bread pan first.  
*1 lb: ¾ cup water, 1½ tbsp oil, 1½ tbsp maple syrup, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 2 tbsp oil, 2 tbsp maple syrup, 1½ tsp salt | 2 lb: 1½ cups water, 2½ tbsp oil, 2½ tbsp maple syrup, 2 tsp salt. Use pure maple syrup — pancake syrup won't give the same flavor or behave the same way in the dough.*
- Add the bread flour, spreading it evenly to cover the liquids fully. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. Add the sunflower seeds at the mix-in signal — or drop them in once the dough has formed a smooth ball, about 5–10 minutes in.  
*1 lb: ⅓ cup seeds | 1.5 lb: ½ cup seeds | 2 lb: ⅔ cup seeds. Too stiff or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~170
Protein	5 g
Carbohydrates	28 g
Fat	4 g
Fiber	1 g
Sodium	170 mg

# CHAPTER 8 — AROUND THE WORLD IN A BREAD BASKET

## 6 Global & Cultural Recipes

Most global doughs are naturally dairy-free and egg-free.

Recommended vegan notes:

- *Italian Pane Toscano — Easily Vegan*
- *Greek Village Country Bread — Easily Vegan*
- *German Soft Pretzel Dough — Easily Vegan*

### Recipes:

1. Japanese Milk Bread (Shokupan)
2. Italian Pane Toscano (Easily Vegan)
3. Greek Village Country Bread (Easily Vegan)
4. Ukrainian Black Bread (Home-Style Dark Rye Loaf)
5. Indian Naan (Dough Cycle Only)
6. German Soft Pretzel Dough (Dough Cycle Only) (Easily Vegan)



# JAPANESE MILK BREAD (SHOKUPAN)

*Ultra-soft, cloud-like, and feather-light with a delicate sweetness and pillowy crumb. Classic Japanese bakery softness — made effortlessly in your bread machine.*

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 05 min (1 lb)  
 3 hr 20 min (1.5 lb)  
 3 hr 35 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Milk	⅔ cup (160 ml)	1 cup (240 ml)	1½ cups (320 ml)
Butter	1½ tbsp (21 g)	2 tbsp (28 g)	2½ tbsp (35 g)
Sugar	1½ tbsp (17 g)	2 tbsp (25 g)	2½ tbsp (33 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅔ cups (280 g)	3½ cups (420 g)	4⅔ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Pour the milk, butter, sugar, and salt into the bread pan first.  
*1 lb: ⅔ cup milk, 1½ tbsp butter, 1½ tbsp sugar, 1 tsp salt | 1.5 lb: 1 cup milk, 2 tbsp butter, 2 tbsp sugar, 1½ tsp salt | 2 lb: 1½ cups milk, 2½ tbsp butter, 2½ tbsp sugar, 2 tsp salt. Use whole milk for the softest, richest crumb — 2% works too, but gives a slightly less pillowy result.*
- Add the bread flour, spreading it evenly to create a full barrier. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Basic or Sweet program (depending on your model), set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a very smooth, silky ball. Shokupan dough is notably softer and more elastic than standard white bread dough.  
*Too firm or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour. The dough should feel almost tacky but not sticky — this is what gives shokupan its signature feather-light texture.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — the soft crumb needs time to set, and cutting too early compresses it and loses its airy texture.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	5 g
Carbohydrates	27 g
Fat	3.5 g
Fiber	1 g
Sodium	170 mg



# ITALIAN PANE TOSCANO (EASILY VEGAN)

*A rustic Tuscan-style loaf with a soft, moist crumb and gently chewy texture. Mild in flavor and perfect for soups, stews, and olive-oil dipping — old-world Italian comfort made simple.*

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 10 min (1 lb)  
 3 hr 25 min (1.5 lb)  
 3 hr 40 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1¼ cups (300 ml)	1⅔ cups (400 ml)
Olive oil	2 tsp (9 g)	1 tbsp (14 g)	1½ tbsp (19 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	¼ tsp (2 g)	½ tsp (3 g)	¾ tsp (4 g)
Bread flour	2⅓ cups (280 g)	3½ cups (420 g)	4⅔ cups (560 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, olive oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 2 tsp olive oil, 2 tsp sugar, ¼ tsp salt | 1.5 lb: 1¼ cups water, 1 tbsp olive oil, 1 tbsp sugar, ½ tsp salt | 2 lb: 1⅔ cups water, 1½ tbsp olive oil, 1½ tbsp sugar, ¾ tsp salt. Pane Toscano is traditionally salt-free — this recipe uses just a touch for balance without losing that mild, open flavor.*
- Add the bread flour, spreading it evenly to cover the liquids fully. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the French or Basic program for a slow, artisan-style rise, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball.  
*Too stiff or dry? Add 1 tsp of water. Too loose or sticky? Add 1 tsp flour. With very little salt, the dough may rise faster than usual — this is normal.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~150
Protein	4 g
Carbohydrates	27 g
Fat	2.5 g
Fiber	1 g
Sodium	~85 mg



# GREEK VILLAGE COUNTRY BREAD (EASILY VEGAN)

A rustic countryside loaf with a firm yet tender crumb, subtle tang, and hearty homemade character. Perfect for dipping, soups, or as a classic table bread — simple village charm in every slice.

**Prep Time:** 5 minutes  
**Cook Time:** 3 hr 15 min (1 lb)  
 3 hr 30 min (1.5 lb)  
 3 hr 45 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1¼ cups (300 ml)	1⅔ cups (400 ml)
Olive oil	2 tsp (9 g)	1 tbsp (14 g)	1½ tbsp (19 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Whole wheat flour	⅓ cup (40 g)	½ cup (60 g)	⅔ cup (80 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, olive oil, sugar, and salt to the bread pan first.  
*1 lb: ¾ cup water, 2 tsp olive oil, 2 tsp sugar, 1 tsp salt | 1.5 lb: 1¼ cups water, 1 tbsp olive oil, 1 tbsp sugar, 1½ tsp salt | 2 lb: 1⅔ cups water, 1½ tbsp olive oil, 1½ tbsp sugar, 2 tsp salt*
- Add both flours over the liquids, spreading evenly to seal in moisture. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the French or Basic program for a slow, even rise, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a smooth, soft ball with a slightly rustic texture from the whole wheat.  
*Too firm or dry? Add 1 tsp of water. Too sticky or loose? Add 1 tsp flour.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~155
Protein	5 g
Carbohydrates	27 g
Fat	3 g
Fiber	1 g
Sodium	170 mg



# UKRAINIAN BLACK BREAD (HOME-STYLE DARK RYE LOAF)

*Deeply aromatic with a soft, moist crumb, warm molasses sweetness, and subtle rye tang. A hearty, tender loaf that pairs beautifully with soups, borscht, sandwiches, or simple buttered slices.*

**Prep Time:** 10 minutes  
**Cook Time:** 3 hr 15 min (1 lb)  
 3 hr 30 min (1.5 lb)  
 3 hr 45 min (2 lb)  
**Loaf Size:** 1 lb / 1.5 lb / 2 lb

## INGREDIENTS

Ingredient	1 lb loaf	1.5 lb loaf	2 lb loaf
Water	¾ cup (200 ml)	1 cup + 2 tbsp (300 ml)	1½ cups (400 ml)
Oil	2 tsp (9 g)	1 tbsp (14 g)	1½ tbsp (19 g)
Molasses	1 tbsp (19 g)	1½ tbsp (28 g)	2 tbsp (37 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	1⅓ cups (160 g)	2 cups (240 g)	2⅔ cups (320 g)
Rye flour	1 cup (120 g)	1½ cups (180 g)	2 cups (240 g)
Coriander powder	¼ tsp (1 g)	½ tsp (1 g)	¾ tsp (2 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

- Add the water, oil, molasses, and salt to the bread pan first.  
*1 lb: ¾ cup water, 2 tsp oil, 1 tbsp molasses, 1 tsp salt | 1.5 lb: 1 cup + 2 tbsp water, 1 tbsp oil, 1½ tbsp molasses, 1½ tsp salt | 2 lb: 1½ cups water, 1½ tbsp oil, 2 tbsp molasses, 2 tsp salt. Molasses is thick — measure it after the oil so it slides out of the spoon easily.*
- Add both flours on top, spreading them evenly to cover the liquids fully. Sprinkle the coriander over the flour. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Whole Wheat or Basic program, set the loaf size to match your amounts, and choose your crust shade: Light, Medium, or Dark.
- Start the machine. After 5–10 minutes, check the dough — it should form a soft, slightly sticky ball. Rye dough is naturally stickier than white bread dough — this is normal.  
*Too firm? Add 1 tsp of water. Too sticky to hold any shape? Add 1 tsp flour. Rye flour absorbs water more slowly — wait the full 10 minutes before adjusting.*
- Let the machine complete all cycles without interruption. Do not open the lid during rising.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*2 lb loaves benefit from 45 minutes — rye loaves stay moist inside longer, and cutting too early makes the crumb gummy.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~160
Protein	5 g
Carbohydrates	30 g
Fat	2.5 g
Fiber	2 g
Sodium	170 mg



# INDIAN NAAN (DOUGH CYCLE ONLY)

Soft, fluffy flatbreads with a light chew and beautifully blistered surface. The bread machine does all the mixing and rising — you just cook them on the stovetop or under the broiler.

**Prep Time:** 10 minutes

**Dough Cycle:** ~1 hr 30 min

**Cook Time:** 2–4 minutes per naan (stovetop or oven)

**Batch Size:** 6 pieces (small) / 8 pieces (medium)  
12 pieces (large)

## INGREDIENTS

Ingredient	Small batch (6 pcs)	Medium batch (8 pcs)	Large batch (12 pcs)
Water	½ cup (120 ml)	½ cup + 2 tbsp (180 ml)	¾ cup (180 ml) + 2 tbsp
Plain yogurt	⅓ cup (80 g)	½ cup (120 g)	¾ cup (180 g)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	3 tbsp (42 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	¾ tsp (4 g)	1 tsp (6 g)	1½ tsp (9 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4½ cups (540 g)
Instant yeast	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (6 g)

## INSTRUCTIONS

1. Add the water, yogurt, oil, sugar, and salt to the bread pan first. *Small:* ½ cup water, ⅓ cup yogurt, 1½ tbsp oil, 2 tsp sugar, ¾ tsp salt | *Medium:* ½ cup + 2 tbsp water, ½ cup yogurt, 2 tbsp oil, 1 tbsp sugar, 1 tsp salt | *Large:* ¾ cup + 2 tbsp water, ¾ cup yogurt, 3 tbsp oil, 1½ tbsp sugar, 1½ tsp salt. Use plain, full-fat yogurt — Greek yogurt works too, but it makes a slightly thicker, chewier dough.
2. Add the bread flour over the liquids, spreading evenly. Add the yeast last, keeping it dry on top.
3. Insert the pan, select the Dough cycle, and let the machine mix, knead, and complete the first rise.
4. When the dough cycle ends, turn the dough onto a lightly floured surface. Divide into equal pieces and shape each into a smooth ball. *Small batch: 6 pieces* | *Medium batch: 8 pieces* | *Large batch: 12 pieces.* Cover with a clean towel and let rest 10–15 minutes until slightly puffy.
5. Roll each piece into an oval or teardrop shape about ¼ inch (6 mm) thick.
6. Heat a cast-iron skillet or heavy pan over medium-high heat. Cook each naan for 1–2 minutes per side until bubbles form, and the surface is lightly blistered. *Alternatively, broil in the oven for 1–2 minutes per side for a more traditional char. The pan must be properly hot before you start — a cold pan yields flat, pale naan rather than the blistered finish.*
7. Brush the warm naan with oil or melted butter if desired, and serve immediately. *Naan is best eaten fresh and warm. Leftovers can be wrapped and reheated in a dry skillet for 30 seconds per side.*

## NUTRITION INFORMATION (PER PIECE)

Nutrient	Per Slice
Calories	~155
Protein	4 g
Carbohydrates	25 g
Fat	3.5 g
Fiber	1 g
Sodium	150 mg



# GERMAN SOFT PRETZEL DOUGH (DOUGH CYCLE ONLY — EASILY VEGAN)

Classic soft pretzels with a bronzed, chewy crust and tender interior. The bread machine handles all the mixing and kneading — you just shape, dip, and bake.

- Prep Time:** 10 minutes
- Dough Cycle:** ~1 hr 30 min
- Bake Time:** 12–15 minutes at 425°F (220°C)
- Batch Size:** 6 pretzels (small) / 8–10 pretzels (medium) / 12 pretzels (large)

## DOUGH INGREDIENTS

Ingredient	Small batch (6 pcs)	Medium batch (8–10 pcs)	Large batch (12 pcs)
Water (warm)	⅔ cup (160 ml)	1 cup (240 ml)	1½ cups (360 ml)
Oil	1½ tbsp (21 g)	2 tbsp (28 g)	3 tbsp (42 g)
Sugar	2 tsp (8 g)	1 tbsp (12 g)	1½ tbsp (18 g)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Bread flour	2⅔ cups (280 g)	3½ cups (420 g)	5 cups (600 g)
Instant yeast	1½ tsp (5 g)	2 tsp (6 g)	2½ tsp (8 g)

## BAKING SODA BATH (SAME FOR ALL BATCH SIZES)

Ingredient	Amount
Water	6 cups (1440 ml)
Baking soda	¼ cup (60 g)

## INSTRUCTIONS

- Add the warm water, oil, sugar, and salt to the bread pan first.  
*Small: ⅔ cup water, 1½ tbsp oil, 2 tsp sugar, 1 tsp salt | Medium: 1 cup water, 2 tbsp oil, 1 tbsp sugar, 1½ tsp salt | Large: 1½ cups water, 3 tbsp oil, 1½ tbsp sugar, 2 tsp salt. Use warm water (about 100°F / 40°C) — too hot kills the yeast, too cold slows it.*
- Add the bread flour, spreading it evenly to cover the liquids fully. Add the yeast last, keeping it dry on top.
- Insert the pan, select the Dough cycle, and let the machine mix, knead, and complete the first rise.
- When the dough cycle ends, transfer to a lightly floured surface. Divide into equal pieces.  
*Small batch: 6 pieces | Medium batch: 8–10 pieces | Large batch: 12 pieces.*
- Roll each piece into a 16–18-inch (40–45 cm) rope, then twist into a classic pretzel shape.  
*Let the rope rest 2–3 minutes if it keeps springing back — the gluten needs a moment to relax.*
- Bring the 6 cups of water and baking soda to a gentle simmer in a medium pot. Dip each shaped pretzel for 20–25 seconds, then lift out with a slotted spoon onto a parchment-lined baking sheet.  
*Don't skip the baking soda bath — it's what gives pretzels their signature chewy crust and deep golden color.*
- Brush with oil, then sprinkle with coarse salt, if desired.
- Bake in a preheated 425°F (220°C) oven for 12–15 minutes until deep golden brown. Cool on a rack for at least 10 minutes before serving. *Large batches may need to be baked in two rounds — don't crowd the pan, or the pretzels won't brown evenly.*

## NUTRITION INFORMATION (PER PRETZEL)

Nutrient	Per Pretzel
Calories	~165
Protein	5 g
Carbohydrates	30 g
Fat	3 g
Fiber	1 g
Sodium	180 mg

# CHAPTER 9 — THE SPEEDY BAKER: QUICK BREADS IN A FLASH

## 5 Quick-Cycle, No-Yeast Breads

### Recipes:

1. Classic Banana Bread Machine Loaf
2. Moist Pumpkin Spice Quick Bread
3. Lemon Blueberry Quick Cycle Loaf
4. Zucchini Walnut Quick Bread
5. Cranberry Orange Quick Bread



# CLASSIC BANANA BREAD MACHINE LOAF

*Moist, fragrant, and full of classic homemade flavor — the machine handles everything. A soft, comforting slice with rich banana aroma and a lightly golden crust. Perfect for breakfast or an anytime treat.*

- Prep Time:** 10 minutes  
**Cook Time:** 2 hr 50 min (small) / 3 hr 20 min (medium) / 3 hr 40 min (large)  
**Loaf Size:** Small (~8 slices) / Medium (~12 slices) / Large (~16 slices)

This is a quick bread — select the Cake or Quick Bread program, NOT Basic. Banana bread uses baking powder and minimal yeast, not a full bread cycle.

## INGREDIENTS

Ingredient	Small loaf	Medium loaf	Large loaf
Mashed ripe bananas	⅔ cup (150 g)	1 cup (225 g)	1⅓ cups (300 g)
Milk	3 tbsp (45 ml)	¼ cup (60 ml)	⅓ cup (80 ml)
Butter, softened	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Sugar	¼ cup (50 g)	⅓ cup (65 g)	½ cup (100 g)
Salt	¾ tsp (4 g)	1 tsp (6 g)	1¼ tsp (8 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Ground cinnamon	¾ tsp (2 g)	1 tsp (3 g)	1½ tsp (4 g)
Baking powder	¾ tsp (3 g)	1 tsp (4 g)	1½ tsp (6 g)
Instant yeast	¾ tsp (2 g)	1 tsp (3 g)	1¼ tsp (4 g)

## INSTRUCTIONS

- Add the mashed bananas, milk, butter, sugar, and salt to the bread pan first.  
*Small: ⅔ cup bananas, 3 tbsp milk, 2 tbsp butter, ¼ cup sugar, ¾ tsp salt | Medium: 1 cup bananas, ¼ cup milk, 3 tbsp butter, ⅓ cup sugar, 1 tsp salt | Large: 1⅓ cups bananas, ⅓ cup milk, 4 tbsp butter, ½ cup sugar, 1¼ tsp salt. Use very ripe bananas — the blacker the peel, the sweeter and more flavorful the loaf.*
- Add the bread flour on top, spreading evenly to form a barrier. Sprinkle the cinnamon and baking powder over the flour. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Cake or Quick Bread program, and choose Light or Medium crust — Dark can over-brown a banana loaf.
- Start the machine. After about 5 minutes of mixing, check the batter — it should be thick and smooth, not a dough ball. *Too thick? Add 1–2 tsp milk. Too runny? Add 1–2 tsp flour. Large loaves take longer to set — avoid opening the lid after the first 10 minutes.*
- Let the machine complete all cycles without interruption.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*Banana bread slices clean up much better once fully cooled — if you can wait 45 minutes, even better. The flavor also deepens as it cools.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~180
Protein	4 g
Carbohydrates	32 g
Fat	4 g
Fiber	1 g
Sodium	165 mg



# MOIST PUMPKIN SPICE QUICK BREAD

*Incredibly soft, moist, and warmly spiced — everything you want in a fall-style quick bread. Rich pumpkin flavor and fragrant spice in every slice, with the machine doing all the work.*

- Prep Time:** 10 minutes  
**Cook Time:** 2 hr 50 min (small) / 3 hr 20 min (medium) / 3 hr 40 min (large)  
**Loaf Size:** Small (~8 slices) / Medium (~12 slices) / Large (~16 slices)

Select the Cake or Quick Bread program — NOT Basic. This loaf uses baking powder, not a full bread cycle.

## INGREDIENTS

Ingredient	Small loaf	Medium loaf	Large loaf
Pumpkin purée	⅔ cup (160 g)	1 cup (240 g)	1½ cups (320 g)
Milk	3 tbsp (45 ml)	¼ cup (60 ml)	⅓ cup (80 ml)
Oil	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Sugar	⅓ cup (65 g)	½ cup (100 g)	⅔ cup (130 g)
Salt	¾ tsp (4 g)	1 tsp (6 g)	1¼ tsp (8 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Ground cinnamon	1 tsp (3 g)	1½ tsp (5 g)	2 tsp (7 g)
Ground nutmeg	¼ tsp (1 g)	½ tsp (2 g)	¾ tsp (3 g)
Ground ginger	¼ tsp (1 g)	½ tsp (2 g)	¾ tsp (3 g)
Baking powder	¾ tsp (3 g)	1 tsp (4 g)	1½ tsp (6 g)
Instant yeast	¾ tsp (2 g)	1 tsp (3 g)	1¼ tsp (4 g)

## INSTRUCTIONS

- Add the pumpkin purée, milk, oil, sugar, and salt to the bread pan first. *Small: ⅔ cup purée, 3 tbsp milk, 2 tbsp oil, ⅓ cup sugar, ¾ tsp salt | Medium: 1 cup purée, ¼ cup milk, 3 tbsp oil, ½ cup sugar, 1 tsp salt | Large: 1½ cups purée, ⅓ cup milk, 4 tbsp oil, ⅔ cup sugar, 1¼ tsp salt. Use plain canned pumpkin purée — not pumpkin pie filling, which already contains sugar and spices and will throw off the balance.*
- Add the bread flour, spreading evenly to fully cover the wet ingredients. Sprinkle the cinnamon, nutmeg, ginger, and baking powder over the flour. Add the yeast last, keeping it dry on the surface.
- Insert the pan, select the Cake or Quick Bread program, and choose Light or Medium crust — Dark can over-brown a pumpkin loaf.
- Start the machine. After 5 minutes of mixing, check the batter — it should be thick and smooth, not a dough ball. *Too thick? Add 1 tsp milk. Too loose? Add 1 tsp flour. Pumpkin purée varies in moisture by brand — Libby's tends to be drier, store brands can be wetter.*
- Let the machine complete all cycles without interruption.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing. *This loaf slices much cleaner once fully cooled. The spice flavor also deepens noticeably after 30–45 minutes of resting.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~185
Protein	3 g
Carbohydrates	33 g
Fat	4.5 g
Fiber	1 g
Sodium	170 mg



# LEMON BLUEBERRY QUICK CYCLE LOAF

*Tender and moist with bursts of juicy blueberry and a sunny lemon aroma. A smooth batter loaf with a soft, delicate crumb and sweet citrus notes — perfect for breakfast or an uplifting snack.*

**Prep Time:** 10 minutes  
**Cook Time:** 2 hr 50 min (small) / 3 hr 20 min (medium) / 3 hr 40 min (large)  
**Loaf Size:** Small (~8 slices) / Medium (~12 slices) / Large (~16 slices)

Select the Cake or Quick Bread program — NOT Basic. This loaf is a batter, not a dough.

## INGREDIENTS

Ingredient	Small loaf	Medium loaf	Large loaf
Milk	½ cup (80 ml)	½ cup (120 ml)	⅔ cup (160 ml)
Oil	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Sugar	⅓ cup (65 g)	½ cup (100 g)	⅔ cup (130 g)
Salt	¾ tsp (4 g)	1 tsp (6 g)	1¼ tsp (8 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Lemon zest	2 tsp (4 g)	1 tbsp (6 g)	1½ tbsp (9 g)
Baking powder	¾ tsp (3 g)	1 tsp (4 g)	1½ tsp (6 g)
Instant yeast	¾ tsp (2 g)	1 tsp (3 g)	1¼ tsp (4 g)
Blueberries (fresh or frozen, not thawed)	⅔ cup (93 g)	1 cup (140 g)	1⅓ cups (187 g)

## INSTRUCTIONS

- Add the milk, oil, sugar, and salt to the bread pan first.  
*Small: ½ cup milk, 2 tbsp oil, ⅓ cup sugar, ¾ tsp salt | Medium: ½ cup milk, 3 tbsp oil, ½ cup sugar, 1 tsp salt | Large: ⅔ cup milk, 4 tbsp oil, ⅔ cup sugar, 1¼ tsp salt.*
- Add the bread flour, spreading evenly to create a full barrier. Sprinkle the lemon zest, baking powder, and yeast over the flour. *2 tsp zest (small) / 1 tbsp zest (medium) / 1½ tbsp zest (large). Use freshly grated zest for the brightest flavor — avoid the white pith, which adds bitterness.*
- Insert the pan, select the Cake or Quick Bread program, and choose Light or Medium crust — Dark can over-brown this delicate loaf.
- Start the machine. After 5 minutes of mixing, check the batter — it should be thick and smooth, not a dough ball. *Too thick? Add 1 tsp milk. Too loose? Add 1 tsp flour.*
- Add the blueberries at the mix-in signal — or drop them in once the batter is mostly mixed.  
*Small: ⅔ cup berries | Medium: 1 cup berries | Large: 1⅓ cups berries. Use frozen berries straight from the freezer — thawed blueberries release too much juice, which can streak and wet the batter.*
- Let the machine complete all cycles without interruption.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*The lemon flavor brightens noticeably as the loaf cools — worth the wait.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~180
Protein	4 g
Carbohydrates	31 g
Fat	4 g
Fiber	1 g
Sodium	165 mg



# ZUCCHINI WALNUT QUICK BREAD

Moist and tender with gentle zucchini sweetness and warm walnut crunch. A soft, fragrant slice with a beautifully even crumb — perfect for breakfast, snacks, or a comforting afternoon treat.

**Prep Time:** 10 minutes

**Cook Time:** 2 hr 50 min (small) / 3 hr 20 min (medium)  
3 hr 40 min (large)

**Loaf Size:** Small (~8 slices) / Medium (~12 slices)  
Large (~16 slices)

Select the Cake or Quick Bread program — NOT Basic. This loaf is a batter, not a dough.

## INGREDIENTS

Ingredient	Small loaf	Medium loaf	Large loaf
Shredded zucchini (drained of excess moisture)	$\frac{2}{3}$ cup (100 g)	1 cup (150 g)	$1\frac{1}{3}$ cups (200 g)
Milk	$\frac{1}{3}$ cup (80 ml)	$\frac{1}{2}$ cup (120 ml)	$\frac{2}{3}$ cup (160 ml)
Oil	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Sugar	$\frac{1}{3}$ cup (65 g)	$\frac{1}{2}$ cup (100 g)	$\frac{2}{3}$ cup (130 g)
Salt	$\frac{3}{4}$ tsp (4 g)	1 tsp (6 g)	$1\frac{1}{4}$ tsp (8 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Ground cinnamon	$\frac{3}{4}$ tsp (2 g)	1 tsp (3 g)	$1\frac{1}{2}$ tsp (4 g)
Baking powder	$\frac{3}{4}$ tsp (3 g)	1 tsp (4 g)	$1\frac{1}{2}$ tsp (6 g)
Instant yeast	$\frac{3}{4}$ tsp (2 g)	1 tsp (3 g)	$1\frac{1}{4}$ tsp (4 g)
Chopped walnuts	$\frac{1}{3}$ cup (37 g)	$\frac{1}{2}$ cup (55 g)	$\frac{2}{3}$ cup (73 g)

## INSTRUCTIONS

- Add the shredded zucchini, milk, oil, sugar, and salt to the bread pan first.  
*Small:  $\frac{2}{3}$  cup zucchini,  $\frac{1}{3}$  cup milk, 2 tbsp oil,  $\frac{1}{3}$  cup sugar,  $\frac{3}{4}$  tsp salt | Medium: 1 cup zucchini,  $\frac{1}{2}$  cup milk, 3 tbsp oil,  $\frac{1}{2}$  cup sugar, 1 tsp salt | Large:  $1\frac{1}{3}$  cups zucchini,  $\frac{2}{3}$  cup milk, 4 tbsp oil,  $\frac{2}{3}$  cup sugar,  $1\frac{1}{4}$  tsp salt. Squeeze shredded zucchini in a clean towel before measuring — excess moisture makes the batter too wet and the loaf gummy.*
- Add the bread flour, spreading it evenly to cover the wet ingredients fully. Sprinkle the cinnamon, baking powder, and yeast over the flour.
- Insert the pan, select the Cake or Quick Bread program, and choose Light or Medium crust.
- Start the machine. After 5 minutes of mixing, check the batter — it should be thick and smooth, not a dough ball. *Too thick? Add 1 tsp milk. Too loose? Add 1 tsp flour. Zucchini moisture varies — a watery batch may need 1–2 tsp extra flour even after draining.*
- Add the walnuts at the mix-in signal — or drop them in once the batter has mostly formed.  
*Small:  $\frac{1}{3}$  cup walnuts | Medium:  $\frac{1}{2}$  cup walnuts | Large:  $\frac{2}{3}$  cup walnuts.*
- Let the machine complete all cycles without interruption.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*This loaf slices much cleaner once fully cooled — the crumb needs time to set after baking.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~185
Protein	4 g
Carbohydrates	30 g
Fat	5 g
Fiber	1 g
Sodium	165 mg



# CRANBERRY ORANGE QUICK BREAD

*Lively cranberry tartness meets warm orange citrus in a moist, soft loaf with bursts of fruity flavor in every slice. Simple, bright, and beginner-friendly.*

**Prep Time:** 10 minutes  
**Cook Time:** 2 hr 50 min (small)  
 3 hr 20 min (medium) / 3 hr 40 min (large)  
**Loaf Size:** Small (~8 slices) / Medium (~12 slices)  
 Large (~16 slices)

Select the Cake or Quick Bread program — NOT Basic. This loaf is a batter, not a dough.

## INGREDIENTS

Ingredient	Small loaf	Medium loaf	Large loaf
Orange juice (unsweetened)	1/3 cup (80 ml)	1/2 cup (120 ml)	2/3 cup (160 ml)
Milk	1/3 cup (80 ml)	1/2 cup (120 ml)	2/3 cup (160 ml)
Oil	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Sugar	1/3 cup (65 g)	1/2 cup (100 g)	2/3 cup (130 g)
Salt	3/4 tsp (4 g)	1 tsp (6 g)	1 1/4 tsp (8 g)
Bread flour	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Orange zest	2 tsp (4 g)	1 tbsp (6 g)	1 1/2 tbsp (9 g)
Baking powder	3/4 tsp (3 g)	1 tsp (4 g)	1 1/2 tsp (6 g)
Instant yeast	3/4 tsp (2 g)	1 tsp (3 g)	1 1/4 tsp (4 g)
Dried cranberries	1/2 cup (60 g)	3/4 cup (90 g)	1 cup (120 g)

## INSTRUCTIONS

- Add the orange juice, milk, oil, sugar, and salt to the bread pan first.  
*Small: 1/3 cup OJ, 1/3 cup milk, 2 tbsp oil, 1/3 cup sugar, 3/4 tsp salt | Medium: 1/2 cup OJ, 1/2 cup milk, 3 tbsp oil, 1/2 cup sugar, 1 tsp salt | Large: 2/3 cup OJ, 2/3 cup milk, 4 tbsp oil, 2/3 cup sugar, 1 1/4 tsp salt. Use unsweetened orange juice — sweetened varieties add extra sugar that can cause over-browning.*
- Add the bread flour, spreading it evenly to cover the liquids fully. Sprinkle the orange zest, baking powder, and yeast over the flour. *Small: 2 tsp zest | Medium: 1 tbsp zest | Large: 1 1/2 tbsp zest. Freshly grated zest gives the brightest citrus aroma — avoid the white pith.*
- Insert the pan, select the Cake or Quick Bread program, and choose Light or Medium crust.
- Start the machine. After 5 minutes of mixing, check the batter — it should be thick and smooth, not a dough ball. *Too thick? Add 1 tsp milk. Too loose? Add 1 tsp flour.*
- Add the dried cranberries at the mix-in signal — or once the batter has formed enough to fold them in without sinking. *Small: 1/2 cup cranberries | Medium: 3/4 cup cranberries | Large: 1 cup cranberries. Dried cranberries work better here than fresh — fresh cranberries release too much juice and make the batter too wet.*
- Let the machine complete all cycles without interruption.
- When done, remove the loaf and cool on a rack for at least 30 minutes before slicing.  
*The orange and cranberry flavors meld and brighten as the loaf cools — worth the full 30 minutes.*

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~180
Protein	4 g
Carbohydrates	31 g
Fat	4 g
Fiber	1 g
Sodium	165 mg

# CHAPTER 10 — BEYOND THE LOAF: SWEET & SAVORY SURPRISES FROM YOUR MACHINE

## 6 Non-Bread Recipes

Some can include vegan notes:

- *Raspberry Jam* — Naturally vegan
- *Udon Noodle Dough* — Easily Vegan
- *Sourdough Discard Crackers* — Often vegan if no cheese is added
- *Chocolate Rice Pudding* — dairy-based

## Recipes:

1. Sourdough Discard Cheddar Crackers (Mix + Oven Bake)
2. Easy Raspberry Jam (Jam Cycle) (Naturally Vegan)
3. Creamy Homemade Yogurt (Yogurt Function)
4. Chocolate Rice Pudding (Mix/Heat Function)
5. Udon Noodle Dough (Dough Cycle; roll and cut) (Easily Vegan)
6. Spinach Meatloaf (Machine Bake Function)



# SOURDOUGH DISCARD CHEDDAR CRACKERS (MIX + OVEN BAKE)

*Crisp, savory, and packed with sharp cheddar richness — a brilliant way to use leftover sourdough discard. The machine mixes the dough, you roll and bake. Golden, buttery, irresistible.*

**Prep Time:** 10 minutes  
**Bake Time:** 18–22 minutes at 350°F (175°C)  
**Batch Size:** Small (~30 crackers) / Medium (~50 crackers)  
 Large (~70 crackers)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Sourdough discard (unfed)	⅔ cup (160 g)	1 cup (240 g)	1½ cups (360 g)
Butter, softened	3 tbsp (42 g)	4 tbsp (56 g)	6 tbsp (84 g)
Shredded cheddar cheese	⅔ cup (73 g)	1 cup (110 g)	1½ cups (165 g)
Salt	¼ tsp (2 g)	½ tsp (3 g)	¾ tsp (4 g)
Sugar	¾ tsp (3 g)	1 tsp (4 g)	1½ tsp (6 g)
All-purpose flour	1 cup (120 g)	1½ cups (180 g)	2¼ cups (270 g)
Baking powder	¾ tsp (3 g)	1 tsp (4 g)	1½ tsp (6 g)

## INSTRUCTIONS

1. Add the sourdough discard, butter, cheddar, salt, and sugar to the bread pan first.  
*Small: ⅔ cup discard, 3 tbsp butter, ⅔ cup cheddar | Medium: 1 cup discard, 4 tbsp butter, 1 cup cheddar | Large: 1½ cups discard, 6 tbsp butter, 1½ cups cheddar. Discard should be at room temperature — cold discard makes the butter clump and the dough difficult to mix.*
2. Add the flour and baking powder on top, spreading evenly. Insert the pan and select the Dough cycle. Let it mix until a smooth, cohesive dough forms — you can stop the cycle early once the dough is fully combined.
3. Transfer the dough to a lightly floured surface. Divide into two pieces for easier rolling.
4. Roll each piece as thin as possible — about ⅛ inch (3 mm). The thinner the roll, the crispier the cracker.  
*If the dough keeps springing back, let it rest 5 minutes uncovered — the gluten needs to relax.*
5. Transfer to a parchment-lined baking sheet. Cut into small squares or diamonds with a pizza cutter or knife. Prick each cracker lightly with a fork.  
*Pricking prevents the crackers from puffing and bubbling during baking — don't skip this step.*
6. Bake in a preheated 350°F (175°C) oven for 18–22 minutes until deep golden brown around the edges.  
*Large batches will need two baking sheets — rotate them halfway through for even browning.*
7. Cool completely on a rack before serving. They crisp fully as they cool.  
*Don't judge crispness straight from the oven — they'll seem soft until fully cooled.*

## NUTRITION INFORMATION (PER SERVING — APPROX. 10 CRACKERS)

Nutrient	Per Serving
Calories	~150
Protein	4 g
Carbohydrates	14 g
Fat	9 g
Fiber	0.5 g
Sodium	135 mg



# EASY RASPBERRY JAM (JAM CYCLE — NATURALLY VEGAN)

*Bright, fruity, and perfectly sweet — the bread machine handles all the heating and stirring. Fresh, vibrant homemade jam with no fuss, ready to spoon straight from the jar.*

**Prep Time:** 5 minutes

**Jam Cycle:** ~1 hour

**Yield:** Small (~1 cup / 240 ml) / Medium (~1½ cups / 360 ml)  
Large (~2 cups / 480 ml)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Fresh or frozen raspberries	2 cups (240 g)	3 cups (360 g)	4 cups (480 g)
Sugar	⅔ cup (133 g)	1 cup (200 g)	1⅓ cups (267 g)
Lemon juice	2 tsp (10 ml)	1 tbsp (15 ml)	1½ tbsp (22 ml)

## INSTRUCTIONS

1. Add the raspberries, sugar, and lemon juice to the bread pan.  
*Small: 2 cups raspberries, ⅔ cup sugar, 2 tsp lemon juice | Medium: 3 cups raspberries, 1 cup sugar, 1 tbsp lemon juice | Large: 4 cups raspberries, 1⅓ cups sugar, 1½ tbsp lemon juice. Check your machine's manual for maximum jam capacity — most machines cap at 3–4 cups of fruit. Don't overfill.*
2. Insert the pan and select the Jam cycle. Start the machine and allow it to heat, stir, and cook fully without interruption.
3. When the cycle ends, the pan will be very hot — use oven mitts to remove it.  
*The jam will look loose when hot — this is normal. It thickens significantly as it cools.*
4. Stir gently until evenly consistent, then transfer to clean jars.
5. Cool completely at room temperature before sealing and refrigerating.  
*Homemade jam without commercial pectin keeps for 2–3 weeks in the refrigerator. For longer storage, use proper canning jars and process in a boiling water bath.*

## NUTRITION INFORMATION (PER TABLESPOON)

Nutrient	Per Tablespoon
Calories	~30
Protein	0 g
Carbohydrates	8 g
Fat	0 g
Fiber	0.5 g
Sodium	0 mg



# CREAMY HOMEMADE YOGURT (YOGURT FUNCTION)

*Smooth, gently tangy, and rich — made right in your bread machine without any special equipment. Mild and versatile for breakfasts, smoothies, or savory dishes. Fresh homemade yogurt made simple.*

**Prep Time:** 10 minutes

**Yogurt Cycle:** 8–12 hours

**Yield:** Small (~2 cups / 480 ml) / Medium (~4 cups / 960 ml)  
Large (~6 cups / 1440 ml)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Milk (whole or 2%)	2 cups (480 ml)	4 cups (960 ml)	6 cups (1440 ml)
Plain yogurt with live cultures (starter)	1 tbsp (15 g)	2 tbsp (30 g)	3 tbsp (45 g)

## INSTRUCTIONS

- Heat the milk on the stovetop to about 180°F (80°C), stirring occasionally to prevent scorching. Do not boil. *Check your machine's manual for maximum liquid capacity before choosing your batch size — most machines hold 4–6 cups comfortably.*
- Remove from heat and let the milk cool to 110°F (45°C). This step is critical — too hot kills the cultures, too cold slows or prevents fermentation. *No thermometer? The milk should feel warm but comfortable on your wrist — like a warm bath, not hot.*
- In a small bowl, whisk the yogurt starter with a few spoonfuls of the warm milk until smooth, then stir the mixture back into the remaining warm milk. *Small: 1 tbsp starter | Medium: 2 tbsp starter | Large: 3 tbsp starter. Use a plain yogurt with active live cultures — check the label. Greek yogurt works as a starter, too.*
- Pour the milk and starter mixture into the bread pan. Insert the pan and select the Yogurt function.
- Incubate for 8–12 hours, depending on your preferred tartness — 8 hours for mild, creamy, and 10–12 hours for a tangier flavor. *Don't stir or shake the pan during incubation — any disturbance can prevent the yogurt from setting properly.*
- When the cycle ends, remove the pan and stir gently. The yogurt will be loose at this stage — this is normal. It thickens significantly as it chills.
- Transfer to clean containers and refrigerate for at least 4 hours before serving. *For thicker, Greek-style yogurt, strain in a fine-mesh strainer or cheesecloth in the fridge for 2–4 hours. Save the whey — it's great in smoothies or bread dough.*

## NUTRITION INFORMATION (PER ½ CUP SERVING)

Nutrient	Per Serving
Calories	~80
Protein	5 g
Carbohydrates	8 g
Fat	3 g
Fiber	0 g
Sodium	60 mg



# CHOCOLATE RICE PUDDING (MIX/HEAT FUNCTION)

Warm, velvety, and deeply chocolatey — the machine gently stirs and heats everything so the rice absorbs every bit of flavor without sticking. Cozy, foolproof, and irresistible.

**Prep Time:** 5 minutes

**Cook Time:** ~1 hour (Mix/Heat or Porridge function)

**Yield:** Small (~2 cups) / Medium (~3 cups) / Large (~4 cups)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Milk	2 cups (480 ml)	3 cups (720 ml)	4 cups (960 ml)
Short-grain rice (uncooked)	⅓ cup (67 g)	½ cup (100 g)	⅔ cup (133 g)
Sugar	3 tbsp (37 g)	¼ cup (50 g)	⅓ cup (67 g)
Unsweetened cocoa powder	2 tbsp (12 g)	3 tbsp (18 g)	4 tbsp (24 g)
Butter	2 tsp (9 g)	1 tbsp (14 g)	1½ tbsp (21 g)
Salt	pinch	⅛ tsp (1 g)	¼ tsp (1 g)
Vanilla extract	¾ tsp (4 ml)	1 tsp (5 ml)	1½ tsp (7 ml)

## INSTRUCTIONS

- Add the milk, rice, sugar, cocoa powder, butter, and salt to the bread pan.  
*Small: 2 cups milk, ⅓ cup rice, 3 tbsp sugar, 2 tbsp cocoa, 2 tsp butter | Medium: 3 cups milk, ½ cup rice, ¼ cup sugar, 3 tbsp cocoa, 1 tbsp butter | Large: 4 cups milk, ⅔ cup rice, ⅓ cup sugar, 4 tbsp cocoa, 1½ tbsp butter. Use short-grain rice (like Arborio or sushi rice) — it releases more starch and gives a much creamier result than long-grain.*
- Insert the pan and select the Mix/Heat or Porridge function, depending on your model.
- Let the machine run the full cycle without interruption.
- When the cycle ends, stir in the vanilla extract.  
*Vanilla is added at the end — heat destroys its aroma if added too early.*
- If the pudding looks thin, leave it in the warm machine for 5–10 minutes with the lid open — it thickens quickly as it cools.
- Serve warm, or transfer to bowls and refrigerate for a firmer, creamier texture.  
*Chilled pudding thickens considerably — stir in a splash of milk before serving if it gets too dense.*

## NUTRITION INFORMATION (PER ½ CUP SERVING)

Nutrient	Per Serving
Calories	~160
Protein	4 g
Carbohydrates	27 g
Fat	4 g
Fiber	1 g
Sodium	65 mg



# UDON NOODLE DOUGH (DOUGH CYCLE; ROLL AND CUT — EASILY VEGAN)

*Thick, chewy Japanese noodles with a smooth, elastic texture — the machine does the heavy kneading so you don't have to. Fresh, authentic udon made simple at home.*

**Prep Time:** 10 minutes  
**Dough Cycle:** ~1 hr 30 min  
**Cook Time:** 8–10 minutes (boiling)  
**Batch Size:** Small (~2 servings) / Medium (~4 servings)  
 Large (~6 servings)

Authentic udon uses only flour, water, and salt — no oil or eggs. This recipe stays true to that tradition.

## INGREDIENTS

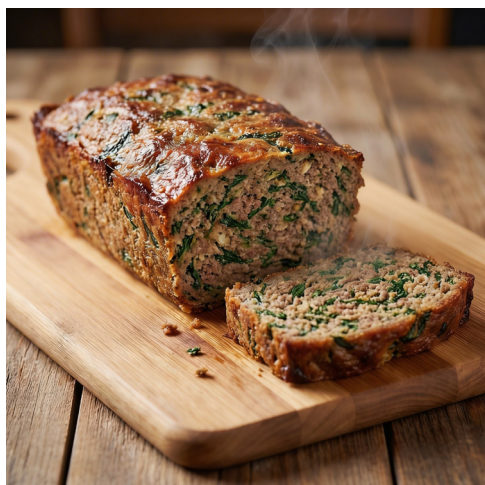
Ingredient	Small batch	Medium batch	Large batch
Water	½ cup (120 ml)	¾ cup (180 ml)	1 cup (240 ml)
Salt	2 tsp (12 g)	1 tbsp (18 g)	1½ tbsp (27 g)
All-purpose flour	2¼ cups (270 g)	3¼ cups (390 g)	4½ cups (540 g)

## INSTRUCTIONS

- Dissolve the salt completely in the water, then pour the salted water into the bread pan.  
*Small: ½ cup water, 2 tsp salt | Medium: ¾ cup water, 1 tbsp salt | Large: 1 cup water, 1½ tbsp salt. Make sure the salt is fully dissolved before adding — undissolved salt crystals can create dry spots in the dough.*
- Add the flour on top, spreading it evenly to cover the liquid fully. Insert the pan and select the Dough cycle. *Udon dough is deliberately firm and stiff — much stiffer than bread dough. This is normal and correct. Don't add extra water.*
- When the dough cycle ends, remove the dough and let it rest covered for 20–30 minutes to relax the gluten. This makes rolling much easier.
- Divide into equal pieces and roll each into a rectangle about ⅛–¼ inch (3–6 mm) thick, depending on your preferred noodle thickness. *Thicker cut (¼ inch) = classic thick udon. Thinner cut (⅛ inch) = lighter, faster-cooking noodles. Dust the surface lightly with flour as you roll to prevent sticking.*
- Dust the rolled sheet lightly with flour, fold gently like a letter, and cut into even strips. Unfold and separate immediately, dusting with a little more flour to prevent sticking.
- Cook in a large pot of boiling water for 8–10 minutes until chewy-tender. Rinse in cold water to remove excess starch and enhance their signature chewy bite.  
*Large batches: cook in two rounds — crowding the pot lowers the water temperature, making the noodles gummy.*

## NUTRITION INFORMATION (PER 2 OZ / 56 G COOKED SERVING)

Nutrient	Per Serving
Calories	~160
Protein	5 g
Carbohydrates	33 g
Fat	0 g
Fiber	1 g
Sodium	300 mg



# SPINACH MEATLOAF (MACHINE BAKE FUNCTION)

*Tender, savory, and moist — spinach adds gentle richness while the machine bakes it to perfection. Holds its shape, slices cleanly, and delivers deep, comforting flavor with almost no hands-on effort.*

**Prep Time:** 10 minutes  
**Bake Time:** 1 hr 10 min (small) / 1 hr 20 min (medium) / 1 hr 30 min (large)  
**Loaf Size:** Small (~4 servings) / Medium (~6–8 servings) / Large (~10 servings)

## INGREDIENTS

Ingredient	Small loaf	Medium loaf	Large loaf
Ground beef (lean)	¾ lb (340 g)	1 lb (450 g)	1½ lb (680 g)
Fresh spinach, finely chopped	1½ cups (45 g)	2 cups (60 g)	3 cups (90 g)
Eggs (large)	1	2	3
Milk	3 tbsp (45 ml)	¼ cup (60 ml)	6 tbsp (90 ml)
Breadcrumbs	⅓ cup (33 g)	½ cup (50 g)	¾ cup (75 g)
Onion, finely minced	⅓ cup (40 g)	½ cup (60 g)	¾ cup (90 g)
Garlic, minced	1 clove (3 g)	2 cloves (6 g)	3 cloves (9 g)
Ketchup	1 tbsp (15 g)	2 tbsp (30 g)	3 tbsp (45 g)
Worcestershire sauce	2 tsp (10 ml)	1 tbsp (15 ml)	1½ tbsp (22 ml)
Salt	1 tsp (6 g)	1½ tsp (9 g)	2 tsp (12 g)
Black pepper	¼ tsp (1 g)	½ tsp (1 g)	¾ tsp (2 g)

## INSTRUCTIONS

- In a mixing bowl, combine all ingredients and mix gently until evenly combined — don't overwork the meat or the loaf will turn tough.  
*Small: ¾ lb beef, 1 egg, 3 tbsp milk | Medium: 1 lb beef, 2 eggs, ¼ cup milk | Large: 1½ lb beef, 3 eggs, 6 tbsp milk. Fresh spinach works best — if using frozen, thaw completely and squeeze out all excess moisture first.*
- Transfer the mixture into the bread pan, pressing it evenly into the bottom and smoothing the top.
- Insert the pan, select the Bake function (or Bake Only, Bake Rapid, or Cake mode — whichever is your machine's closest equivalent), and set the time.  
*Small: 1 hr 10 min | Medium: 1 hr 20 min | Large: 1 hr 30 min.*
- Let the loaf bake undisturbed. When the cycle ends, check the internal temperature — it must reach 160°F (70°C). If needed, add extra bake time in 10-minute increments.  
*A meat thermometer is the only reliable way to confirm doneness — color alone is not enough.*
- Let the meatloaf rest in the pan for 10 minutes before removing. This allows the juices to settle and makes slicing much cleaner.
- Carefully lift out, transfer to a cutting board, slice, and serve warm.

## NUTRITION INFORMATION (PER SLICE)

Nutrient	Per Slice
Calories	~230
Protein	20 g
Carbohydrates	6 g
Fat	14 g
Fiber	0.5 g
Sodium	280 mg

# BONUS CHAPTER — THE ART OF EATING WHAT YOU BAKED

## 6 Recipes Using Your Homemade Bread

Many of these involve dairy → not vegan unless rewritten.

- *Avocado Toast Three Ways — Easily Vegan*

### Recipes:

1. Avocado Toast Three Ways (one variation can note Easily Vegan)
2. Ultimate American Grilled Cheese
3. Italian Panzanella Salad
4. Classic Bread Pudding
5. Savory Breakfast Strata
6. Homemade Croutons & Golden Breadcrumbs



# AVOCADO TOAST THREE WAYS (EASILY VEGAN)

A creamy avocado base, three vibrant toppings — bright, savory, and satisfying. Perfect for breakfast, lunch, or a quick energizing snack. No cooking required.

**Prep Time:** 10 minutes  
**Cook Time:** None  
**Serves:** 1–2 per variation (scales easily)

## INGREDIENTS — BASE AVOCADO SPREAD

Ingredient	Per 3 toasts	Per 6 toasts	Per 9 toasts
Ripe avocado (large)	1 (200 g)	2 (400 g)	3 (600 g)
Lemon juice	1 tbsp (15 ml)	2 tbsp (30 ml)	3 tbsp (45 ml)
Salt	¼ tsp (1.5 g)	½ tsp (3 g)	¾ tsp (4.5 g)
Black pepper	⅛ tsp (0.5 g)	¼ tsp (1 g)	⅜ tsp (1.5 g)
Bread slices (toasted)	3	6	9

## INGREDIENTS — TOPPINGS (PER VARIATION, PER TOAST)

Variation	Ingredients per toast
1 — Classic Lemon & Chili	¼ tsp red chili flakes + a pinch of lemon zest
2 — Tomato & Herb	½ cup (75 g) cherry tomatoes, halved + 1 tbsp chopped fresh basil
3 — Cucumber & Everything Spice	6–8 thin cucumber slices (40 g) + ½ tsp everything bagel seasoning

## INSTRUCTIONS

- In a small bowl, mash the avocado with lemon juice, salt, and pepper until smooth but still slightly chunky. Use ripe avocados — they should give slightly when pressed. An underripe avocado won't mash smoothly. Add lemon juice immediately after mashing to slow browning.
- Toast the bread slices to your preferred level of crispness.
- Spread the avocado mixture evenly across all three slices.
- Variation 1 — Classic Lemon & Chili: Sprinkle chili flakes over the avocado and finish with a pinch of lemon zest.
- Variation 2 — Tomato & Herb: Arrange the cherry tomato halves on top and scatter chopped fresh basil.
- Variation 3 — Cucumber & Everything Spice: Layer the cucumber slices and finish with everything bagel seasoning. Serve all three immediately while the toast is crisp and the avocado is fresh.

## NUTRITION INFORMATION (PER TOAST SLICE)

Nutrient	Per Toast Slice
Calories	~190
Protein	4 g
Carbohydrates	19 g
Fat	12 g
Fiber	4 g
Sodium	170 mg



# ULTIMATE AMERICAN GRILLED CHEESE

Golden, crisp bread with a perfectly melty, gooey center — nostalgic, comforting, and irresistible. Ready in minutes, every time.

**Prep Time:** 5 minutes  
**Cook Time:** 6–8 minutes  
**Serves:** 1 / 2 / 4 sandwiches

## INGREDIENTS

Ingredient	1 sandwich	2 sandwiches	4 sandwiches
Bread slices	2	4	8
American cheese slices	2–3 (45–65 g)	4–6 (90–130 g)	8–12 (180–260 g)
Butter, softened	1 tbsp (14 g)	2 tbsp (28 g)	4 tbsp (56 g)

## INSTRUCTIONS

- Spread a thin, even layer of softened butter on one side of each bread slice.  
*Softened butter spreads more evenly than cold, uneven butter, resulting in patchy browning. Mayonnaise is a popular American substitute for butter on the outside: it browns beautifully and adds a slight tang.*
- Place one slice butter-side down in a skillet over medium heat. Add the cheese evenly across the bread — 2 slices for a classic melt, 3 for extra gooeyness. Top with the second slice, butter-side up.  
*When making multiple sandwiches, work in batches — crowding the pan lowers the heat and prevents the sandwiches from crisping.*
- Cook for 3–4 minutes until the bottom is golden and crisp.
- Flip gently and cook another 2–3 minutes until the cheese has fully melted and the second side is golden.  
*Medium heat is key — too high burns the bread before the cheese melts; too low gives pale, greasy toast.*
- Transfer to a cutting board, rest for 1 minute, then slice and serve.  
*Great alongside tomato soup or a crisp salad for a complete meal.*

## NUTRITION INFORMATION (PER SANDWICH)

Nutrient	Per Sandwich
Calories	~350
Protein	14 g
Carbohydrates	26 g
Fat	22 g
Fiber	1 g
Sodium	740 mg



# ITALIAN PANZANELLA SALAD

A rustic Tuscan classic — toasted bread soaks up ripe tomato juices and a light vinaigrette for a refreshing, flavor-packed salad with crisp-chewy texture. Simple, colorful, and deeply satisfying.

**Prep Time:** 15 minutes  
**Cook Time:** 8–10 minutes  
**Serves:** 2 / 4 / 6

## INGREDIENTS

Ingredient	2 servings	4 servings	6 servings
Day-old bread, cubed	3 cups (180 g)	6 cups (360 g)	9 cups (540 g)
Olive oil (for toasting)	2 tbsp (28 g)	3 tbsp (42 g)	4 tbsp (56 g)
Cherry tomatoes, halved	1½ cups (225 g)	3 cups (450 g)	4½ cups (675 g)
Cucumber, diced	1 cup (130 g)	2 cups (260 g)	3 cups (390 g)
Red onion, thinly sliced	¼ cup (30 g)	½ cup (60 g)	¾ cup (90 g)
Fresh basil, chopped	2 tbsp (6 g)	4 tbsp (12 g)	6 tbsp (18 g)
Salt	½ tsp (3 g)	1 tsp (6 g)	1½ tsp (9 g)
Black pepper	¼ tsp (1 g)	½ tsp (2 g)	¾ tsp (3 g)

## VINAIGRETTE

Ingredient	2 servings	4 servings	6 servings
Olive oil	2 tbsp (28 g)	4 tbsp (56 g)	6 tbsp (84 g)
Red wine vinegar	1 tbsp (15 ml)	2 tbsp (30 ml)	3 tbsp (45 ml)
Garlic, minced	1 clove (3 g)	2 cloves (6 g)	3 cloves (9 g)
Salt	¼ tsp (1.5 g)	½ tsp (3 g)	¾ tsp (4.5 g)
Black pepper	⅛ tsp (0.5 g)	¼ tsp (1 g)	⅜ tsp (1.5 g)

## INSTRUCTIONS

- Preheat the oven to 375°F (190°C). Spread the bread cubes on a baking sheet, toss with olive oil, and bake for 8–10 minutes until lightly crisp and golden. *Day-old bread is ideal — fresh bread soaks too much. For larger batches, use two baking sheets and rotate halfway through for even toasting.*
- In a large bowl, combine the cherry tomatoes, cucumber, red onion, and basil.
- In a small bowl, whisk together all vinaigrette ingredients until smooth.
- Add the toasted bread to the vegetables. Pour the vinaigrette over everything and toss gently until well coated.
- Let the salad rest for 10–15 minutes so the bread absorbs the juices and flavors before serving. *Don't skip the resting time — it's what transforms this from a bread-and-salad combo into a true panzanella. Taste and adjust salt or pepper after resting, not before.*

## NUTRITION INFORMATION (PER SERVING)

Nutrient	Per Serving
Calories	~310
Protein	7 g
Carbohydrates	32 g
Fat	18 g
Fiber	3 g
Sodium	480 mg



# CLASSIC BREAD PUDDING

*Soft, custardy, and golden-edged with a warm vanilla aroma — a cozy, nostalgic dessert that transforms leftover bread into something truly comforting. Easy, minimal effort, and endlessly satisfying.*

**Prep Time:** 10 minutes

**Cook Time:** 40–45 minutes at 350°F (175°C)

**Serves:** 2 / 4 / 6

## INGREDIENTS

Ingredient	2 servings	4 servings	6 servings
Day-old bread, cubed	3 cups (180 g)	6 cups (360 g)	9 cups (540 g)
Milk	1½ cups (360 ml)	3 cups (720 ml)	4½ cups (1080 ml)
Eggs (large)	2	4	6
Sugar	¼ cup (50 g)	½ cup (100 g)	¾ cup (150 g)
Butter, melted	2 tbsp (28 g)	4 tbsp (56 g)	6 tbsp (84 g)
Vanilla extract	1 tsp (5 ml)	2 tsp (10 ml)	1 tbsp (15 ml)
Ground cinnamon	½ tsp (1.5 g)	1 tsp (3 g)	1½ tsp (4.5 g)
Salt	⅛ tsp (1 g)	¼ tsp (1.5 g)	⅜ tsp (2 g)

## INSTRUCTIONS

- Preheat the oven to 350°F (175°C). Lightly butter a baking dish.  
*2 servings: use a small dish (about 8×6 inches) | 4 servings: 8×8 inch dish | 6 servings: 9×13 inch dish.*
- Spread the cubed bread evenly across the dish.
- In a bowl, whisk together the milk, eggs, sugar, melted butter, vanilla, cinnamon, and salt until smooth.  
*2 servings: 2 eggs, 1½ cups milk | 4 servings: 4 eggs, 3 cups milk | 6 servings: 6 eggs, 4½ cups milk. Day-old bread is ideal — fresh bread stays too soft and doesn't absorb the custard as well.*
- Pour the custard evenly over the bread, pressing the cubes gently so they absorb it fully. Let rest for 10 minutes before baking.  
*Don't skip the resting time — it's what gives bread pudding its custardy interior. Rush it, and the custard won't soak in evenly.*
- Bake for 40–45 minutes until the top is golden and the center feels set but still has a slight wobble.  
*Larger batches may need 5–10 extra minutes. The center should jiggle like set Jell-O, not slosh like liquid.*
- Cool for a few minutes before serving. Best enjoyed warm.

## NUTRITION INFORMATION (PER SERVING)

Nutrient	Per Serving
Calories	~315
Protein	10 g
Carbohydrates	43 g
Fat	12 g
Fiber	1 g
Sodium	300 mg



# SAVORY BREAKFAST STRATA

Warm, custard-soaked bread with savory vegetables, melted cheese, and hearty protein throughout. Cozy and satisfying — perfect for weekend mornings or a simple brunch.

**Prep Time:** 15 minutes

**Cook Time:** 35–40 minutes at 350°F (175°C)

**Serves:** 2 / 4 / 6

## INGREDIENTS

Ingredient	2 servings	4 servings	6 servings
Day-old bread, cubed	3 cups (180 g)	6 cups (360 g)	9 cups (540 g)
Milk	1 cup (240 ml)	2 cups (480 ml)	3 cups (720 ml)
Eggs (large)	3	6	9
Shredded cheddar cheese	1 cup (110 g)	2 cups (220 g)	3 cups (330 g)
Spinach, chopped	1 cup (30 g)	2 cups (60 g)	3 cups (90 g)
Cooked ham or turkey, diced	½ cup (70 g)	1 cup (140 g)	1½ cups (210 g)
Onion, finely chopped	¼ cup (30 g)	½ cup (60 g)	¾ cup (90 g)
Salt	½ tsp (3 g)	1 tsp (6 g)	1½ tsp (9 g)
Black pepper	¼ tsp (1 g)	½ tsp (2 g)	¾ tsp (3 g)
Butter for greasing	1 tsp (5 g)	1 tsp (5 g)	1 tsp (5 g)

## INSTRUCTIONS

- Preheat the oven to 350°F (175°C). Lightly grease a baking dish with butter.  
*2 servings: small dish (~8×6 inches) | 4 servings: 8×8 inch dish | 6 servings: 9×13 inch dish.*
- Scatter the bread cubes evenly in the dish. Add the spinach, ham or turkey, onion, and half the cheese.  
*2 servings: 3 eggs, 1 cup milk | 4 servings: 6 eggs, 2 cups milk | 6 servings: 9 eggs, 3 cups milk. Make sure the ham or turkey is fully cooked before adding — the oven bake heats everything through, but doesn't cook raw meat.*
- In a bowl, whisk together the milk, eggs, salt, and pepper until smooth. Pour slowly over the bread, pressing gently so all pieces absorb the custard.
- Sprinkle the remaining cheese evenly over the top. Let it rest for 10 minutes to soak fully.  
*This can be assembled the night before and refrigerated — let it come to room temperature for 15 minutes before baking.*
- Bake for 35–40 minutes until the top is golden and the center is set but tender.  
*Larger batches may need 5–10 extra minutes. The center should not jiggle when you gently shake the dish.*
- Rest for 5 minutes before serving.

## NUTRITION INFORMATION (PER SERVING)

Nutrient	Per Serving
Calories	~420
Protein	27 g
Carbohydrates	30 g
Fat	22 g
Fiber	2 g
Sodium	720 mg



# HOMEMADE CROUTONS & GOLDEN BREADCRUMBS

Two simple ways to give day-old bread new life — crisp, seasoned croutons for salads and soups, or light golden breadcrumbs for coatings and casseroles. Quick, versatile, and endlessly useful.

**Prep Time:** 10 minutes  
**Cook Time:** 12–15 minutes  
**Yield:** Small / Medium / Large batch

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Day-old bread, cubed (croutons)	1½ cups (90 g)	3 cups (180 g)	6 cups (360 g)
Day-old bread, torn (breadcrumbs)	1½ cups (90 g)	3 cups (180 g)	6 cups (360 g)
Olive oil	1 tbsp (14 g)	2 tbsp (28 g)	4 tbsp (56 g)
Salt	¼ tsp (1.5 g)	½ tsp (3 g)	1 tsp (6 g)
Black pepper	⅛ tsp (0.5 g)	¼ tsp (1 g)	½ tsp (2 g)
Garlic powder	¼ tsp (1 g)	½ tsp (1.5 g)	1 tsp (3 g)
Italian seasoning (optional)	¼ tsp (0.5 g)	½ tsp (1 g)	1 tsp (2 g)

## INSTRUCTIONS — CROUTONS

- Preheat the oven to 375°F (190°C). Spread the bread cubes on a baking sheet. Drizzle with olive oil, sprinkle with salt, pepper, garlic powder, and Italian seasoning if using. Toss well to coat evenly.  
*Stale bread makes crispier croutons — fresh bread stays soft inside. Cut cubes evenly so they brown at the same rate.*
- Bake for 12–15 minutes, stirring once halfway through, until crisp and golden.  
*Large batches need two baking sheets — a crowded pan steams the bread instead of crisping it.*
- Cool completely before storing in an airtight container. They can be kept at room temperature for up to 1 week.

## INSTRUCTIONS — BREADCRUMBS

- Preheat the oven to 300°F (150°C). Spread the torn bread pieces on a baking sheet.
- Bake for 12–15 minutes until fully dry but not deeply browned. Cool completely.  
*Low and slow is the goal — dry the bread, not toast it. Over-browning makes breadcrumbs bitter.*
- Pulse in a food processor to your desired crumb size — fine for coatings, coarser for toppings.  
*Store in an airtight container or zip-lock bag for up to 2 weeks at room temperature, or freeze for up to 3 months.*

## NUTRITION INFORMATION (PER ¼ CUP SERVING)

Nutrient	Per Serving
Calories	~60
Protein	2 g
Carbohydrates	9 g
Fat	2 g
Fiber	0.5 g
Sodium	120 mg

# BONUS CHAPTER — THE BREAD BASKET'S COMPANIONS

## 5 Jams, Spreads & Savory Bites

Many spreads can be vegan or easily adapted:

- *Walnut & Maple Spread — Easily Vegan*
- *Olive Tapenade Trio — Easily Vegan*
- *Sun-Dried Tomato Pesto — Easily Vegan if no cheese is used*

### Recipes:

1. Honey Cinnamon Whipped Butter
2. Walnut & Maple Spread (Easily Vegan)
3. Sun-Dried Tomato Pesto (Easily Vegan)
4. Olive Tapenade Trio (Easily Vegan)
5. Whipped Feta & Garlic Herb Spread



# HONEY CINNAMON WHIPPED BUTTER

*Light, fluffy, and cloud-like with gentle honey sweetness and warm cinnamon. Melts beautifully over warm bread, pancakes, or muffins — a simple, cozy upgrade that takes minutes to make.*

**Prep Time:** 5 minutes

**Cook Time:** None

**Yield:** Small (~½ cup) / Medium (~1 cup) / Large (~2 cups)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Butter, softened	¼ cup (56 g)	½ cup (113 g)	1 cup (226 g)
Honey	1 tbsp (15 g)	2 tbsp (30 g)	4 tbsp (60 g)
Cinnamon	¼ tsp (1 g)	½ tsp (1.5 g)	1 tsp (3 g)
Salt (optional)	a pinch	a pinch	⅛ tsp

## INSTRUCTIONS

- Place the softened butter in a mixing bowl. Add the honey, cinnamon, and salt if using.  
*Butter must be fully softened at room temperature — cold butter won't whip into a fluffy texture. Leave it out for 30–60 minutes before starting.*
- Whip with a hand mixer on medium-high speed, or whisk vigorously by hand, until the mixture becomes light, fluffy, and smooth — about 2–3 minutes with a mixer, 4–5 minutes by hand.
- Taste and adjust honey or cinnamon to preference.
- Serve immediately at room temperature, or transfer to a small container and refrigerate for a firmer, spreadable texture.  
*Keep refrigerated for up to 2 weeks. Let it soften at room temperature for 10 minutes before spreading if chilled.*

## NUTRITION INFORMATION (PER TABLESPOON)

Nutrient	Per Tablespoon
Calories	~90
Protein	0 g
Carbohydrates	4 g
Fat	8 g
Fiber	0 g
Sodium	20 mg



# WALNUT & MAPLE SPREAD (EASILY VEGAN)

*Rich, nutty walnuts blended with smooth maple sweetness into a creamy, naturally vegan spread. Warm, earthy, and lightly caramelized — perfect with bread, toast, pancakes, or fruit.*

**Prep Time:** 10 minutes

**Cook Time:** None

**Yield:** Small (~½ cup) / Medium (~1 cup) / Large (~2 cups)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Walnuts	½ cup (50 g)	1 cup (100 g)	2 cups (200 g)
Maple syrup	1½ tbsp (22 g)	3 tbsp (45 g)	6 tbsp (90 g)
Oil	1½ tsp (7 g)	1 tbsp (14 g)	2 tbsp (28 g)
Salt	a pinch	a pinch	⅛ tsp
Cinnamon (optional)	⅛ tsp (0.5 g)	¼ tsp (1 g)	½ tsp (1.5 g)

## INSTRUCTIONS

1. Add the walnuts to a food processor and blend until finely ground.  
*For a deeper, nuttier flavor, toast the walnuts first: spread them out on a dry skillet over medium heat for 3–4 minutes, stirring until fragrant. Cool completely before blending.*
2. Add the maple syrup, oil, salt, and cinnamon if using. Blend until creamy and spreadable, scraping the sides as needed.  
*Use pure maple syrup — pancake syrup won't give the same depth of flavor. The spread thickens considerably once refrigerated.*
3. Taste and adjust with a small drizzle of oil for a smoother texture, or extra maple syrup for more sweetness.
4. Transfer to a jar and refrigerate, or enjoy immediately at room temperature.  
*Keep refrigerated for up to 2 weeks. Stir before serving if the oil separates slightly.*

## NUTRITION INFORMATION (PER TABLESPOON)

Nutrient	Per Tablespoon
Calories	~90
Protein	2 g
Carbohydrates	4 g
Fat	7 g
Fiber	1 g
Sodium	10 mg



# SUN-DRIED TOMATO PESTO (EASILY VEGAN)

*Bold, savory, and intensely flavorful — sun-dried tomatoes blended with herbs, garlic, and nuts into a rich, vibrant spread. Perfect on bread, in sandwiches, tossed with pasta, or as a bright accent in bowls.*

**Prep Time:** 10 minutes

**Cook Time:** None

**Yield:** Small (~½ cup) / Medium (~1 cup) / Large (~2 cups)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Sun-dried tomatoes (in oil), drained	½ cup (75 g)	1 cup (150 g)	2 cups (300 g)
Olive oil	1½ tbsp (21 g)	3 tbsp (42 g)	6 tbsp (84 g)
Garlic	1 small clove (2 g)	1 clove (3 g)	2 cloves (6 g)
Fresh basil	¼ cup (6 g)	½ cup (12 g)	1 cup (24 g)
Walnuts or pine nuts	2 tbsp (15 g)	¼ cup (30 g)	½ cup (60 g)
Lemon juice	1½ tsp (7 ml)	1 tbsp (15 ml)	2 tbsp (30 ml)
Salt	⅛ tsp (1 g)	¼ tsp (1.5 g)	½ tsp (3 g)
Black pepper	a pinch	⅛ tsp (0.5 g)	¼ tsp (1 g)

## INSTRUCTIONS

1. Add the sun-dried tomatoes, garlic, basil, nuts, lemon juice, salt, and pepper to a food processor. *Use sun-dried tomatoes packed in oil for the richest flavor — drain well before measuring. Dry-packed tomatoes work too, but may need an extra drizzle of olive oil to blend smoothly.*
2. Pulse until the mixture is coarse and evenly combined.
3. With the processor running, slowly drizzle in the olive oil until the pesto reaches a thick, smooth texture. *Add oil gradually — you can always add more, but you can't take it back. Stop when the pesto is spreadable but still has some texture.*
4. Taste and adjust with extra salt, lemon juice, or oil as needed.
5. Transfer to a jar and refrigerate, or use immediately. *Pour a thin layer of olive oil over the top before sealing the jar — it keeps the pesto vibrant and prevents the surface from darkening. Keeps for up to 1 week in the refrigerator.*

## NUTRITION INFORMATION (PER TABLESPOON)

Nutrient	Per Tablespoon
Calories	~70
Protein	1 g
Carbohydrates	3 g
Fat	6 g
Fiber	1 g
Sodium	60 mg



# OLIVE TAPENADE TRIO (EASILY VEGAN)

Three bold Mediterranean tapenades from one simple base — classic herb, sun-dried tomato, and caper & lemon. Naturally vegan, intensely savory, and perfect on bread, sandwiches, or with vegetables and crackers.

**Prep Time:** 15 minutes

**Cook Time:** None

**Yield:** Small (~1 cup total) / Medium (~2 cups total)  
Large (~3 cups total)

## INGREDIENTS — BASE TAPENADE

Ingredient	Small batch	Medium batch	Large batch
Pitted olives (black or green)	½ cup (75 g)	1 cup (150 g)	2 cups (300 g)
Olive oil	1 tbsp (14 g)	2 tbsp (28 g)	4 tbsp (56 g)
Garlic	½ clove (1.5 g)	1 clove (3 g)	2 cloves (6 g)
Lemon juice	1½ tsp (7 ml)	1 tbsp (15 ml)	2 tbsp (30 ml)
Salt	a pinch	a pinch	⅛ tsp
Black pepper	a pinch	a pinch	a pinch

## INGREDIENTS — TOPPINGS PER VARIATION (PER FULL BATCH OF THAT VARIATION)

Variation	Small batch	Medium batch	Large batch
1 — Classic Herb	2 tbsp parsley + 1 tbsp basil	¼ cup parsley + 2 tbsp basil	½ cup parsley + ¼ cup basil
2 — Sun-Dried Tomato Twist	2 tbsp tomatoes + pinch chili	¼ cup tomatoes + ⅛ tsp chili	½ cup tomatoes + ¼ tsp chili
3 — Capers & Lemon Zest	1½ tsp capers + pinch zest	1 tbsp capers + ½ tsp zest	2 tbsp capers + 1 tsp zest

## INSTRUCTIONS

1. Add the olives, olive oil, garlic, lemon juice, salt, and pepper to a food processor. Pulse until coarse and spreadable, scraping the sides as needed. *Don't over-blend — tapenade should have some texture, not be completely smooth. Use well-drained olives: too much brine makes them salty and loose.*
2. Divide the base into three equal portions — one for each variation.
3. Variation 1 — Classic Herb: Add parsley and basil to the first portion and pulse until the herbs are finely incorporated.
4. Variation 2 — Sun-Dried Tomato Twist: Add the sun-dried tomatoes and red pepper flakes to the second portion and blend until evenly combined.
5. Variation 3 — Capers & Lemon Zest: Add the capers and lemon zest to the third portion and pulse briefly — keep this one a little coarser for texture contrast. *Capers are already salty — taste before adding any extra salt to this variation.*
6. Adjust seasoning in each variation to taste. Transfer to separate containers and serve immediately, or refrigerate for 1–2 hours for deeper flavor. *Tapenade keeps in the refrigerator for up to 1 week. Cover the surface with a thin layer of olive oil before sealing to preserve color and freshness.*

## NUTRITION INFORMATION (PER TABLESPOON — AVERAGE ACROSS VARIATIONS)

Nutrient	Per Tablespoon	Nutrient	Per Tablespoon
Calories	~45	Fat	4 g
Protein	0 g	Fiber	0.5 g
Carbohydrates	1 g	Sodium	95 mg



# WHIPPED FETA & GARLIC HERB SPREAD

*Light, fluffy feta whipped with fresh herbs and a gentle garlic kick — rich yet refreshing. Perfect for spreading on warm bread, topping sandwiches, or serving as a quick appetizer.*

**Prep Time:** 10 minutes  
**Cook Time:** None  
**Yield:** Small (~½ cup) / Medium (~1 cup) / Large (~2 cups)

## INGREDIENTS

Ingredient	Small batch	Medium batch	Large batch
Feta cheese	½ cup (75 g)	1 cup (150 g)	2 cups (300 g)
Greek yogurt	2 tbsp (30 g)	¼ cup (60 g)	½ cup (120 g)
Olive oil	1½ tsp (7 g)	1 tbsp (14 g)	2 tbsp (28 g)
Garlic	½ clove (1.5 g)	1 clove (3 g)	2 cloves (6 g)
Fresh dill, chopped	1½ tsp (2 g)	1 tbsp (3 g)	2 tbsp (6 g)
Fresh parsley, chopped	1½ tsp (2 g)	1 tbsp (3 g)	2 tbsp (6 g)
Lemon juice	½ tsp (2 ml)	1 tsp (5 ml)	2 tsp (10 ml)
Black pepper	a pinch	⅛ tsp (0.5 g)	¼ tsp (1 g)

## INSTRUCTIONS

1. Add the feta, Greek yogurt, olive oil, garlic, and lemon juice to a food processor.  
*Use full-fat feta for the creamiest result — low-fat feta is drier and won't whip as smoothly. Block feta blends better than pre-crumbled.*
2. Blend until smooth, creamy, and fluffy in texture — about 1–2 minutes, scraping the sides as needed.
3. Add the fresh dill, parsley, and black pepper. Pulse a few times to blend the herbs evenly, leaving some visible green flecks.  
*Don't over-pulse after adding the herbs — a few pulses keep the color bright and the texture interesting.*
4. Taste and adjust with extra lemon juice or pepper if desired.  
*Feta is naturally salty — taste before adding any extra salt.*
5. Transfer to a bowl and serve immediately, or refrigerate for a slightly firmer, more spreadable texture.  
*Keep refrigerated for up to 5 days. Stir before serving and drizzle with a little extra olive oil for a fresh finish.*

## NUTRITION INFORMATION (PER TABLESPOON)

Nutrient	Per Tablespoon
Calories	~45
Protein	2 g
Carbohydrates	1 g
Fat	4 g
Fiber	0 g
Sodium	105 mg



# CONCLUSION

As you reach the end of this book, I hope you can look back and see how far you've come. What began as curiosity — perhaps even uncertainty — has grown into a new confidence in your ability to bake bread at home. The bread machine may have made the process easier, but you made the magic happen. Every loaf, whether tall and proud or a little quirky around the edges, represents time you gave yourself, nourishment you created with your own hands, and comfort you shared with the people you love.

Bread baking is not about perfection. It is about discovery. Each recipe you try will teach you something small and valuable — how dough feels when it's just right, how your machine behaves on a cold morning, how simple ingredients can transform into something warm, fragrant, and deeply satisfying. Over time, these little lessons shape you into a baker who trusts their instincts just as much as their recipes.

Let this book be a beginning rather than an ending. Keep experimenting with new flours, flavors, add-ins, and techniques. Try baking on different programs, explore global breads, revisit your favorite loaves, or share them with others. Homemade bread has a way of bringing people together that few foods do.

Most importantly, enjoy the process. Enjoy the quiet moments when the machine hums in the background. Enjoy the first breath of warm, fragrant air when you lift the lid. Enjoy knowing that in a world that moves quickly, you've created something simple, honest, and comforting.

May your home continue to smell like fresh bread, and may your baking journey bring you joy for many years to come.