RECIPE

Scott's High-Protein Homemade Bread

High-Protein Homemade Bread (Soft & Practical)



Prep: 20 | **Cook:** 25-30 | **Servings:** 1

Ingredients

- 2 ½ cups all-purpose or bread flour
- 1 cup whole wheat flour (adds fiber + nutrients)
- 1 packet (2 ¼ tsp) active dry yeast
- 2 tbsp honey (or sugar)
- 1 tsp salt
- 1 cup warm water (105–110°F)
- 2 tbsp olive oil
- ½ cup Greek yogurt (key protein boost + softness)
- 1 egg (adds protein + structure)
- This combo bumps protein significantly without wrecking texture

Directions

1. Activate yeast
   * Warm water + honey + yeast ? 5–10 min until foamy
   2. Mix
   * Add yogurt, egg, oil, salt
   * Stir in flours gradually
   -- Dough will feel slightly softer and richer than basic bread
2. Knead
   * Knead 8–10 minutes
   * It should be smooth, slightly tacky—not dry
3. Rise
   * First rise: 1–1.5 hours (until doubled)
   * Shape into loaf
4. Second rise
   * 30–45 minutes
5. Bake
   * 375°F for 25–30 minutes

Notes

> Take your time with this make sure you get a good second rise before baking.