

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.