

VANILLA BEAN, BROWN SUGAR, & CINNAMON SWIRL WHOLE WHEAT BREAD

INGREDIENTS:

whole wheat bread –

- 3 1/2 – 4 cups all-purpose flour
- 2 1/2 cups whole wheat flour
- 2 (1/4 oz) packages active dry yeast
- 1 T salt
- 1 cup milk
- 1 cup water
- 3 T butter
- 1 egg
- 1/4 cup brown sugar
- 1/4 cup maple syrup

cinnamon sugar swirl –

- 2 T butter, melted
- 1/2 cup brown sugar
- seeds from 1 vanilla bean, scraped
- 1 T ground cinnamon

DIRECTIONS:

1. In a large bowl whisk together 1 cup all-purpose flour, all 2 1/2 cups of the wheat flour, yeast and salt. Mix well.
2. Meanwhile, in a small sauce pan, heat the milk, water, maple syrup/brown sugar and butter until warm, not hot. (about 130 degrees). Add to flour mixture. Add egg and stir until moist.
3. Add the rest (or most) of the all purpose flour (2 1/2 – 3 cups). When mostly mixed, pour contents onto a lightly floured surface and knead until the dough is compact and all bits are incorporated.
4. Spray a large bowl with cooking spray and put the dough in, flipping it over so it's greased on top. Cover with a light towel and allow to rise 1+ hours, or until double in size.
5. Stir together brown sugar, vanilla bean, and cinnamon. Spray the bottoms and sides of two bread pans (9 x 5 inch), line the bottom with parchment paper and spray with cooking spray. Deflate dough and divide into two equal halves. Pat each half into a 9x15 inch rectangle. Brush each dough rectangle with melted butter and then divide the sugar-y filling between them, rubbing it into the surface. Roll up the short side and pinch the dough seam at the end. Place in prepared bread pans seam-side down. Allow dough to rise in bread pans in a warm place for an hour or until double in size/peaking over the top of the bread pans. About half way through pre-heat your oven to 375 degrees F.
6. Bake in a preheated 375 degree oven for 35-45 minutes, until the top is nice and dark and sounds hollow when tapped. Remove from the oven and brush the top lightly with butter and allow to cool on a wire rack.