

# Waldorf Kindergarten Bread

Makes 24 small bread rolls

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## INGREDIENTS

7g active dry yeast

2 cups warm water

3 cups plain flour

1 cup rye flour

1 teaspoon salt

3 teaspoons coconut sugar

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## INSTRUCTIONS

1. Preheat the oven to 180C.
2. Put the warm water into a medium sized bowl.
3. Sprinkle the yeast onto the water.
4. Add the dry ingredients to a large bowl. Whisk thoroughly to get rid of any lumps.
5. Add the yeast mixture into the flour mix.
6. Mix the dough with a spoon, then use your hands to knead and ensure it is well combined.
7. Cover the dough and leave it to rise in a warm place for 30 mins – 1 hour or until it has doubled in size.
8. Prepare a baking tray and line it with paper.
9. Sprinkle your kneading surface and children's hands with flour. Knead the dough again and break off a small ball for each child.
10. Once you have finished kneading, roll your dough into a ball for baking.
11. Place the bread rolls on a lined tray and leave to rise for another 15 minutes.
12. Bake at 180C for 20-25 minutes.
13. Leave to cool for 10 minutes and then enjoy.