Snowman Bread

5 1/2 cups all-purpose flour (or 2 cups whole wheat flour and 3 cups all-purpose flour)
2 tablespoons brown sugar
2 teaspoons salt
1/2 cup warm water
1 1/2-ounce package active dry yeast
Pinch of sugar
1 1/2 cups warm milk
4 tablespoons softened butter
1 egg white, slightly beaten
Raisins, dried apricots, fruit roll-ups

In a large mixing bowl, combine the flour, brown sugar, and salt. Set aside. Pour warm water (100°F) into a large bowl and sprinkle in the yeast and a pinch of sugar (1/4 teaspoon). Stir and let the mix sit for 5 minutes, until bubbles begin to appear. Stir in the warm milk, butter, and 2 cups of the dry ingredients. Stir in the remaining dry ingredients 1 cup at a time, mixing until the dough is stiff.

Turn the dough out onto a highly floured countertop and knead for 5 to 10 minutes or until the dough becomes smooth and springs back when touched. Grease a large mixing bowl, place dough in the bowl, and cover it with a clean dishtowel. Let the dough rise for about 1 1/2 hours or until double in bulk.

Punch down the dough and turn it out onto a lightly floured countertop. Divide it into 16 to 20 pieces (1 for each snowman). Cut off the top third of each piece and shape it into the snowman’s head: shape the larger piece into a ball for the body. Place the 2 balls on a baking sheet and pinch them together. Repeat with the remaining pieces. Cover and let rise for 30 to 45 minutes.

Heat the oven to 350°F. Brush with slightly beaten egg white and decorate with raisin eyes and buttons, a dried apricot nose. Bake for 20 minutes or until golden brown. Cool on racks. Cut fruit roll-ups into 1/2” strips for scarf.

Could use frozen bread dough. Allow the dough to thaw in refrigerator. Then proceed with shaping the snowmen.

Nutrition information for each (16): 190 calories, 4.5 g fat, 10 g cholesterol 300 mg sodium, 32 g carbohydrate, 3 g fiber and 5 g protein.

Bread is the base of the Food Guide Pyramid. For good nutrition, it is recommended that the average healthy American over the age of two years consume 6 to 11 servings from the Bread, Cereal, Rice and Pasta group each day. Foods from this group supply carbohydrates, protein, iron, B vitamins and fiber. Half of the servings from this group should be whole grains. Whole grains are rich in fiber that is needed for the proper functioning of the intestinal tract.