



Week Five Participant Manual  
**Hanging Out in The Bread Aisle**



## **Week 5 Contents**

- The Cycle of Bread-Ways to Prevent the Wasting Bread
- Bye This and Say Bye-Bye to That

## **JOURNALING**

- What are your thoughts in regards to all the additives and preservatives found in our breads and baked good products?
- What is the hardest part for you when it comes to eating clean with breads and baked good products? Why do you think this is case? What can you do to change these eating choices?



## The Bread Cycle

### Ways to Prevent Wasting Bread

Bread should go bad within a couple of days. That's right you should be utterly SHOCKED if your bread has a shelf life of two weeks!

Because wholesome bread, made with real ingredients, does not have a crazy long shelf life there are some things we can do to not allow it to waste.

Some stores will let you purchase half a loaf. So go ahead ask if they will cut it in half for you and sell you half.

Also many bakeries and stores now sell smaller loaves.

Many types of breads also freeze well. So buy a loaf and cut it in half. Plan on what you will enjoy and freeze what you will eat later.

But here is a plan to use all the bread as it goes through is different stages

**Days 1 and 2:** Enjoy the fresh bread. Simple as that! YUM!

**Day 3 or 4:** The bread may start to get a little stale. But hold on, no need to toss it out, you have lots of options when it reaches this point. This is a perfect time to make garlic bread. Or how about toasted sandwiches or grilled cheese.

And if you still have extra bread turn the rest into bread crumbs, croutons or crostini. These bread products will now keep in an airtight container for quite some time because you have toasted them.

You can use the bread crumbs for your other recipes.

The croutons do wonders to a salad or soup.

And the crostini makes for the perfect complement for a dip and also works well with soups.

Try these recipes and never waste bread again!



## Bread Crumbs

### Directions:

- Preheat oven to 300 F.
- Cut day old bread in to smaller pieces and place in a food processor. If you do not have a food processor you can use a blender. Process to the size you want.
- Next place the bread crumbs evenly spread on a baking sheet. Do not pile the bread crumbs up. Use an additional baking sheet if necessary.
- Bake for approximately 10 to 15 minutes.
- Let completely cool before placing in airtight container.

### Notes:

- If you do not have either of the above mentioned kitchen appliances after the bread has been toasted you can roll over top of with a rolling pin.
- If you want to add herbs and seasoning to your bread crumbs you can do that at the end or right before you want to use them.
- Bread crumbs should be stored in a cool area or the refrigerator. They can also be stored in the freezer.
- Bread crumbs should keep for at least a couple months and even longer when in the refrigerator. But of course when in doubt throw it out.

## Parmesan Croutons

### You'll Need:

- 4 slices of bread
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon garlic powder or garlic salt
- Pinch of salt (less if using garlic salt)
- 2 Tablespoons olive oil

### Directions:

- Cut bread into crouton sized cubes and place in a bowl.
- Add seasonings and oil.
- Toss well to mix.
- Place on cookie sheet.
- Bake at 300 until crisp.
- Let cool completely.
- Store in an airtight container.
- They will keep for approximately 2 weeks. Or you can refrigerate or freeze them.

**Note:** This recipe just gives examples. Experiment with different herbs and spices.



## Crostini

*This recipe works well with a crusty type of bread. Try it with a French baguette or Ciabatta.*

### Directions:

- Preheat oven to 375 F
- Thinly slice bread into approximately 1/4 inch pieces. Lightly coat both sides in olive oil.
- Place on a baking sheet.
- Bake approximately 5 to 7 minutes on each side.

### Notes:

- Can be served warm or at room temperature.
- Serve with soup, salmon pate, olive tapenade, hummus, artichoke dip, etc.
- Crostini will keep for approximately 2 weeks in an airtight container.

## Buy This and Say Bye-Bye to That Shopping for Bread

Buy	Bye- Bye
Bread, rolls, buns, etc. freshly made (that day if possible), with all real ingredients.	Avoid breads that are loaded up with a bunch of additives and preservatives.
Choose pastries that are made from scratch with real ingredients.	Avoid prepackaged pastries that are loaded up with a bunch of additives and preservatives.
Choose pancakes, muffins, quick breads, etc. that are made with real ingredients.	Avoid mixes that contain a lot of additives and preservatives.
Choose tortillas that are made up of real ingredients.	Avoid tortillas that contain a lot of additives and preservatives.

**\*Note:** If you cannot buy bread that is freshly made that day, choose packaged breads that are free of additives and preservatives. You may have to store these breads in the freezer to decrease spoilage. Just take out the slices that you need for the day and leave the rest in the freezer. Then, simply, thaw out more as needed.