WHOLE WHEAT BREAD RECIPE

SMALLER VERSION OF THIS RECIPE TO MAKE 1 LOAF

Add the following to an electric stand mixer or bowl:

- 1 cup very warm water
- 2 teaspoons SAF instant yeast
- 1 teaspoon dough enhancer
- 2 TBS oil
- 1 TBS raw honey
- 2 TBS instant mashed potato flakes, optional
- 2 TBS 7-grain cracked cereal mix, optional
- 2 TBS ground flax seed, optional
- 1 1/2 cups whole grain flour (I prefer to use a mixture of spelt, khorasan, hard white and hard red wheat. This is a very versatile recipe and can be used with any combination of grains - or just one type of grain.)
- 1 teaspoon salt (on top of flour)

Mix the above ingredients together for a few minutes. It will look like a thick soup.

Add more flour (2/3 c -1 c more of whole grain flour, or use white bread flour if you want) until the dough comes away from the sides of the bowl. Continue kneading/mixing the dough for a few minutes. Don't overmix when using ancient grains.

Oil or grease your hands and countertop or bread board. Dump the dough out of the mixer. Knead and form into 1 loaf. Cover with a no-lint towel and allow to rise until double in size.

Bake at 350°F for 30–35 minutes, until golden. Remove from the pan and cool on a wire rack.

Optional: Brush the top of the loaf with butter immediately after baking for a soft crust and shiny appearance.

NOTE: This dough recipe is super versatile and can be used for pizza crust, fry bread, rolls, or cinnamon rolls. Make a loaf of bread and use the rest for something fun!