



Whole Wheat Bread Recipe

SMALLER VERSION OF THIS RECIPE TO MAKE 1 LOAF

Add the following to an electric stand mixer or bowl:

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| 1 cup very warm water | 2 TBS 7-grain cracked cereal mix, optional |
| 2 teaspoons SAF instant yeast | 2 TBS ground flax seed, optional |
| 1 teaspoon dough enhancer | 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 cup oil | 1 teaspoon salt (on top of flour) |
| 1 teaspoon raw honey | |
| 2 TBS instant mashed potato flakes, optional | |

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

Add more flour (2/3 - 1 more cups of whole grain 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 hands and counter top or bread board. Dump dough out of mixer. Knead and form into 1 loaf. Cover with no-lint towel and allow to raise until double in size.

Bake at 350 degrees for 30-35 minutes, until golden. Remove from pan and cool on wire rack.

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