



Whole Wheat Bread Recipe

LARGER VERSION OF THIS RECIPE TO MAKE 5 LOAVES

Add the following to an electric stand mixer or bowl:

6 1/3 cup very warm water

3 TBS SAF instant yeast

2 TBS dough enhancer

2/3 cup oil

2/3 cup raw honey

1 cup instant mashed potato flakes, optional

1 cup 7-grain cracked cereal mix, optional

1 cup ground flax seed, optional

7 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.)

2 TBS salt (on top of flour)

Mix above ingredients together for a few minutes.

Add more flour (5-9 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 5 loaves. 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!