

Recipe Category

Recipe Name

Grains

Bread, 100% Whole Grain

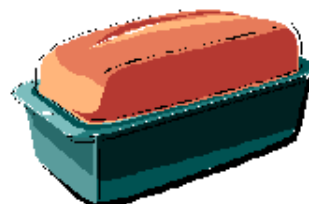
Ingredients

Quantity	Measure	Ingredient
1	Tablespoon	Flax seeds, ground
3/4	Cup	Buckwheat Flour
1	Tablespoon	Cinnamon
1/8	Cup	Honey
3	Cups	Whole Wheat Flour 100%
1	envelope	Rapid Rise Yeast
1	teaspoon	Kosher Salt
3/4	Cup	Almond Milk (unsweetened)
3/4	Cup	Water
1/8	Cup	Olive Oil

Instructions

- 1) In large bowl combine 1 3/4 cups flour, undissolved yeast & salt. Set additional flour aside.
- 2) In sauce pan combine milk, water, olive oil & honey.
- 3) Heat liquid to 130° F. Slowly add liquid to flour mixture.
- 4) Stir briskly until incorporated, add 1 cup flour & stir briskly with wooden spoon.
- 5) By hand, gradually add in remaining flour in stages to until dough is just dry enough to knead. This will vary depending on humidity levels. When dough is cool enough to handle, knead (6 - 8 minutes) until smooth & elastic. Knead in Cinnamon and ground flaxseed to dough.
- 6) Place in greased loaf pan, cover let rise 30 minutes in warm, draft free place. Dough doesn't rise very much.
- 7) Bake 40 minutes at 375° F. (Time varies with pan and oven.) Cool on wire rack.

Keep baked bread in refrigerator.



Total Servings
16 slices

Nutrition Facts Per Serving

Calories	Fat g	Carbs g	Protein g	Sugar g	Fiber g	Sodium mg	Cholesterol mg
139	3	27	4	5	4	80	0
Iron mg	Calcium mg	Potassium mg	Vitamin C mg	Vitamin D iu	Omega 3 mg		
1	38	159	0	5	100		