

WHOLE GRAIN SEEDY BREAD

INGREDIENTS

2 TEASPOON ACTIVE DRY YEAST
1 1/4 WARM WATER
1 TEASPOON HONEY
1 CUP AP FLOUR
1 CUP WHOLE WHEAT FLOUR
1 CUP ROLLED OATS
1/2 CUP SUNFLOWER SEEDS
1 1/2 TEASPOON KOSHER SALT
1 TABLESPOON SOFT BUTTER



TEMP, TIME & SERVINGS

350°
BAKE 35 MINUTES
1 LOAF

HERE'S HOW

- 1 COMBINE WARM WATER AND YEAST IN A SMALL BOWL. STIR UNTIL DISSOLVED, ADD HONEY, LET REST 5 MINUTES, UNTIL FOAMY.
- 2 COMBINE AP FLOUR, WHOLE WHEAT FLOUR, OATS, SUNFLOWER SEEDS AND SALT IN MEDIUM MIXING BOWL.
- 3 COMBINE YEAST MIXTURE AND FLOUR MIXTURE. STIR WELL TO FORM A STIFF DOUGH.
- 4 TIP DOUGH INTO LOAF PAN THAT HAS BEEN SMEARED WITH BUTTER.
- 5 BAKE FOR 35 MINUTES OR UNTIL BREAD IS PULLING AWAY FROM THE SIDES OF THE PAN AND AN INSTANT READ THERMOMETER READS 185°.

NOTE: VARY BREAD WITH THE ADDITION OF 1/2 CUP OF DRIED FRUIT, CRANBERRIES, RAISINS, CHOPPED FIGS, ETC. SUBSTITUTE PUMPKIN SEEDS OR CHOPPED NUTS FOR SUNFLOWER SEEDS. TOP DOUGH WITH SESAME SEEDS OR POPPY SEEDS BEFORE BAKING.

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MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN