

# Bread Recipe

## Ingredients

1 tsp yeast  
2 cups warm water  
3 tbsp honey  
1 tbsp sea salt  
2 tbsp flax dissolved in  $\frac{1}{4}$  cup of warm water for 5 minutes  
5 cups Crushed Wheat #1  
1 cup Crushed Wheat #2  
 $\frac{1}{4}$  cup Crushed Flax  
2 glass bread pans 9" x 5"

If you don't want to use the Wheat #2, use 6 cups of Wheat #1



## Directions

In large bowl, dissolve yeast in 2 cups warm water. Add salt, warm water and flax mixture with 3 cups crushed wheat #1. Beat until smooth then stir in the remaining crushed wheat #1, crushed wheat #2 and crushed flax. If you do not want to use the flax, replace it with crushed wheat #1 or #2.

Place on a surface covered in crushed wheat #1, knead 100 times, add crushed wheat as needed to allow the dough to be slightly sticky. Let it sit for 5 minutes and knead another 100 times. Place in greased bowl. Cover and let it rise in a warm place until it doubles in size ( 2 – 2 1/2 hours)

Punch the dough down in the bowl then place back onto the surface where you kneaded it. Knead another 100 times then divide the dough in half. Place each half into a 9" x 5" glass loaf pan. Cover and let it rise until it is doubled (30-45 min)

Place both pans in the oven at 375 degrees for 30 minutes or until golden brown. When you take it out, you should flick it with your finger to make sure it sounds hollow.

His Saving Grains

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