

Seven Grain Bread

Cook 1 ¼ cup seven grain cereal in 3 cups water. Set aside to cool or fold out into bowl to cool.

In small bowl combine 2 T. yeast and ½ cup water. Set aside to proof.

In large bowl combine 3 cups warm water, 2/3 cup Honey or brown sugar, 4 tsp. salt, 6 T. canola oil and cooled cooked 7 grain cereal.

Mix in 4 cups whole wheat flour

Add yeast mixture and blend well

Add 4 cups whole wheat flour and mix

Add 2 cup white flour and mix

Knead in 1-2 cups more of white flour

Knead for 10 minutes till smooth

Place ball in greased bowl, turn over ball and cover with warm moist flour sack towel.

Raise to double size about 1 ½ hours.

Punch down ball on counter and cut into 3 equal pieces.

Let rest 10 minutes. Grease 3 large bed pans.

Shape into loaves and place in pans. Let rise double size.

Bake at 350 degrees for 30-40 minutes.

This is my favorite bread recipe. You can find the Red Mill or other brand 7 Grain Cereal in the health food section of most stores. You can substitute the cooked cereal. Your flour amount for kneading may vary with cereals and moisture.