

# 14 Grain Bread

Mill 10 to 12 cups of fresh whole wheat flour

In the Bosch Universal Plus with the dough hook, place:

6 cups hot water

2 cups 7 grain cereal

1 cup sunflower seeds (raw)

1/3 cup millet

1/3 cup flax seed ( chopped in blender)

1/3 cup sesame seeds

1/3 cup amaranth grain

3 cups of gluten flour (could substitute 1 ½ cup for white bread flour)

2/3 cup honey

2/3 cup canola oil

2 Tbsp. salt

3 Tbsp. dough enhancer

3 Tbsp. Saf yeast

Turn on speed one and let mix for 15 sec. Add 3 cups of the whole wheat flour and turn on speed one and let mix for another 20 to 30 sec. then start adding remaining flour until the dough cleans the sides of the bowl. Let knead on speed 2 for 7 to 8 min. or until the gluten develops. Form into 5 large loaves. Place in a warm oven to rise for about ½ hour or until double. Bake at 350 degrees for 30 to 35 min. Remove from pans and cool on a rack.



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