

## HERITAGE BREAD from "Eat More Whole Grains" Cookbook

3 cups warm milk\*  
2 cups warm water  
1/2 cup oil  
2 Tbsp. salt  
2/3 cup honey or Xagave  
2 Tbsp. blackstrap molasses  
1 cup crushed flax (blender or coffee mill)  
1/2 cup chopped sunflower seeds  
10 cup freshed milled whole wheat flour  
4 Tbsp. Saf yeast  
2 Tbsp. Dough Enhancer  
6 cups all purpose flour  
Sesame seeds, caraway seeds or dry oatmeal

Place all the liquids in the Bosch Universal Bowl equipped with the dough hook. Add 8 cups of the whole wheat flour and turn machine on speed one. Let knead for 30 sec. Add remaining whole wheat flour and crushed flax seeds and the all-purpose white flour 1 cup at a time until the dough is cleaning the sides of the bowl. Let knead on speed 2 for 8 to 10 min. Oil the counter and your hands and remove the dough from the bowl. Shape into 6 round loave and place in greased pie plates witht the rounded side up. Cover and let rise in a warm, draft-free environment until more than double in size. Brush with a glaze (beaten egg) and sprinkle top with sesame seeds, caraway seeds or the dry oatmeal. Bake at 400 degrees F. for 35 min. or until nice and brown. Remove from oven and pans and cool on a rack. Makes 6 rounded loaves.

\* Warm the milk slightly or add powdered milk to 3 cups of warm water.

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