

# Lacey's Multi Grain Bread

## INGREDIENTS:

- 1 cup warm water
- 1 tablespoon yeast
- ¼ cup olive oil
- ¼ cup Xagave
- 2 teaspoons L'EQUIP vital wheat gluten
- 2 teaspoons L'EQUIP dough enhancer
- 1 ½ teaspoon Real Salt
- 2 tablespoons Lacey's 12 grain mix
- 3-4 cups Lacey's 6 grain flour



Place all of the grains below in the Nutrimill, attached to the flour bagger. Grind up and store in the freezer up to 2 months. Use for any of your bread recipes.

## Lacey's 6 grain Flour

- 8 cups wheat berries
- 1 cup spelt berries
- 1 cup kamut
- 1 cup brown rice flour
- 1/3 cup millet
- 1/3 cup quinoa
- 1/3 cup rye berries

## INSTRUCTIONS:

1. In the Slicer Shredder, fitted with the "mini dough hook" place water, yeast, oil, sweetener, dough enhancer, gluten, and 1 ½ cups flour.
2. Use the "M" switch to combine.
3. Turn to speed one and add 1 more cup of flour, salt, and grain mix. Keep adding flour until the sides of the bowl come clean.
4. Knead 8 minutes on speed 2.
5. Check for gluten development and place in a prepared bread pan.
6. Allow to bread to rise for 1 hour or about double in size.
7. Bake at 350 for 35 minutes. If the top starts to get too dark, place foil over it to cover the last 10 minutes.

### **Lacey's 12-Seed and Grain Mix**

- ¼ cup amaranth
- ¼ cup quinoa
- ¼ cup millet
- ¼ cup teff
- ¼ cup sesame seeds
- ¼ cup poppy seeds
- ½ cup pumpkin seeds
- ½ cup corn meal
- ½ cup wheat germ
- ½ cup rolled oats
- ½ cup rolled Barley
- ½ cup ground flax

Place all in container and shake well. Store in freezer. Use ¼ cup mix per loaf of bread. Add before adding last cup of flour, so as not to dry dough out.

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