

## SALT FREE WONDER LOAVES

2 med. Potato (2 cup cooked and mashed)

3 cups water, warm to hot

2 cup skim milk , scalded

2 Tbsp. Saf yeast

1 Tbsp. Dough enhancer

12 – 14 cups whole wheat flour

2 Tbsp. gluten

1 tsp. Diastatic malt flour ( health food store)

4 tsp. Sesame seeds, toasted in a skillet with a little oil if necessary

Use fresh potato and milk in the recipe for the best results. Cook and drain the potatoes and mash and set aside to cool. If using reg. Yeast, dissolve in ½ cup of the water warmed. If not just add the Saf yeast in with the flour. Combine the potato, and milk and add enough water to bring to 5 cups, warm to hot. Pour liquids into the Bosch bowl equipped with a dough hook. Add 6 cups of whole wheat flour, the yeast, dough enhancer and diastatic malt. Turn machine on to speed one and let knead for 30 sec. Turn speed to 2 and add remaining flour until the sides of the bowl clean. Let knead 8 to 10 min. Remember do not worry if dough separates while kneading. Stop machine and let dough rest in the bowl 15 min. Turn machine on speed one to punch down and oil your hands and counter. Remove the dough from the bowl and shape the dough into 4 loaves. Sprinkle the toasted sesame seeds on the table and roll dough in them. Place dough in loaf pans and let rise about 20 min. Bake in a oven at 425 degrees F for 20 min., then reduce the heat to 350 degree F for another 25 min. or until done.

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