

## Old World 14 grain bread

**Add:** All ingredients except whole-wheat flour in Bosch mixing bowl and turn on speed 1 for Universal and speed 2 for Concept.

6 Cups warm water

2 Cups nine grain cracked cereal

1/2 Cup whole grain amaranth

1/2 Cup whole grain quinoa

1/2 Cup teff seeds

2/3 Cup canola oil or applesauce

2/3 Cup honey or fruitsweet

3 Tablespoons dough enhancer

3 Tablespoons instant yeast

2 Tablespoons sea salt

2 Cups spelt flour

2 Cups kamut flour

2 Cups bread flour

Freshly ground whole wheat flour

**Add:** Enough freshly ground whole-wheat flour until the mixture cleans the sides of the bowl. Knead 8-10 minutes or until the gluten has developed.

**Form:** Into five loaves.

**Cover:** And let rise until double in size.

**Bake:** At 350° for 30-35 minutes

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