

## BASIC SPROUTED WHEAT BREAD

2 cups warm water  
2 Tbsp. Saf yeast  
2 cups sprouted wheat  
4 Tbsp. molasses  
4 Tbsp. oil  
2 1/2 tsp. salt  
5 -7 cups whole wheat flour  
1 Tbsp. dough enhancer

Combine water, molasses, oil and sprouted wheat in the Bosch bowl equipped with the dough hook. Add in 3 cups of whole wheat flour, yeast, dough enhancer and salt. Turn on speed one and let mix for 20 sec. Turn up to speed two if you are using a Universal Plus and start adding the remaining flour until the bowl starts to clean the sides of the bowl. Let knead for 10 to 12 min. Shape into two loaves and place in 8 1/2"x 4 1/2" 2 1/2" loaf pans and let rise until nearly double. Bake in a 350 degree F. oven for 45 min. Makes 2 loaves.

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