

FLAX BREAD from Eat More Whole Grains cookbook

4 cups of warm water

1/3 cup oil

2 eggs

2 Tbsp. vinegar

1 Tbsp. molasses

1/3 cup brown sugar

6 ½ cups whole wheat flour

2 Tbsp. salt

2/3 – 1 cup crushed flax , (usually in the blender)

2/3 cups cracked grains (also in a good blender)

3 Tbsp. Saf Yeast

1 Tbsp. Dough Enhancer

3 ½ cups white flour

Put all liquids in a Bosch bowl with the dough hook and add 5 cups of whole wheat flour, salt, yeast, dough enhancer and flax and cracked grains. Turn Bosch one speed one and let mix for 30 sec and begin adding remaining whole wheat then white flours until the bowl is cleaning the dough off the sides as the dough hook rotates. Let know for 9 min. on speed two if you are using a Universal Plus. Oil the counter and shape the dough into 4 loaves and place in greased bread pans. Let rise in a warm oven until 2 inches higher (or double) and then turn oven up to 350 degrees F. and bake for 25 to 30 min.

Remove from pans and cool.

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