

Whole Wheat & Oat Spice Bread
From Cooking & Baking with Fresh Ground Flour by Christine Downs

2 ¼ cups hard white wheat flour	¼ t ground ginger
¾ cup soft white flour (pastry flour)	1 cup warm water (120F)
2 T SAF Yeast	2 T molasses
½ t salt	1 ½ t sunflower oil
1 t ground cinnamon	½ cup rolled oats
1 t ground allspice	2 T rolled oats (for topping)

Lightly oil an 8x4x2 inch loaf pan

In [Bosch Mixer](#) bowl with dough hook attached, (OR in your [Bosch Mixer Slicer/Shredder bowl](#) with the [Mini Dough Hook](#) attached) mix in 1 cup of hard white wheat flour, all the soft wheat flour, yeast, salt and all the spices.

Add the water, molasses and oil. Mix on speed one for three minutes. Stir in ¾ cup of the hard white flour and ½ cup oats. Add remaining hard white flour as needed (until sides of bowl start to clear of dough). Mix on speed 2 for 5 minutes. Turn the dough out onto floured surface; knead for a minute, adding flour as needed to make moderately stiff dough that is smooth and elastic.

Place the dough in a lightly oiled bowl, turn once. Cover; let rise in a warm place until double (about 1 hour).

Punch down; turn out onto a floured surface. Cover and let rest 10 minutes.

Shape dough and place in the prepared loaf pan. Cover, let rise in a warm place until doubled, about 30 minutes. (During the last 5 minutes, preheat the oven to 350F). Brush the top of the dough with milk and sprinkle lightly with the additional rolled oats.

Place in oven and bake for 40 to 50 minutes or until golden brown. Remove from oven, allow to cool slightly, then turn onto a wire rack to cool completely.

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