

# Whole Wheat Amaranth Bread

- 3 cups warm water
- 2 Tbsp honey
- 2 Tbsp oil
- 2 tsp dry yeast
- 1 cup amaranth flour
- 3 cups wheat flour (separated)
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## Recipe Instructions

1. Mill amaranth grain into flour
2. Add warm water, honey, oil, and yeast to mixer bowl.
3. Add amaranth flour, and two cups of wheat flour to mixer bowl. Start mixer, add additional cup of wheat flour as needed until the dough forms a ball and the sides of the bowl start to clean.
4. Knead until dough forms an elastic and smooth ball. 5-7 minutes
5. Rest until doubled in size
6. Form into a round loaf
7. Bake at 400° for 35 minutes