

MULTIGRAIN BREAD

Dorothy Rempel

The following bread recipe was shared by a lake friend. (I think of Donna every time I make it - she is a gentle wholesome soul!)

It's a bit of work but is delicious and always turns out

MULTIGRAIN BREAD RECIPE

Soak 1/2 cup Red River cereal and 2 TBSP cornmeal in 1/2 cup warm water. (have used Sunny Boy, or 12 grain cereal from Bulk Barn as alternate to Red River)

In a bowl:

- 4 cups white flour
- 1 TBSP salt
- 1 3/4 TBSP yeast
- 1/2 ground flax seed
- 2 TBSP Chia seeds
- 2 TBSP sunflower seeds
- 2 TBSP hemp hearts

Wet Ingredients:

- 3 cups warm water
- 1/4 cup honey
- 1/4 cup oil
- 1 1/2 TBSP molasses
- 2 eggs

Mix everything together until blended. Let sit for 5 minutes.
Add 4-5 cups of whole wheat flour, 1/2 cup at a time. Knead.

Let sit 10 minutes. Punch down. Let sit 15 min. Punch down. Let sit 1 hour. Punch down.

Form 4 loaves. Rise 1 hour.

Bake at 350 for 30-35 minutes.