



Flax Prairie Bread (bread machine)

Recipe used with permission from the Flax Council of Canada

Yield: 1 Loaf

Ingredients:

1¼ cup water
1½ tsp. salt
2 Tbsp. honey
½ cup fresh ground flaxseed (Golden or Brown)
2 Tbsp. sunflower seeds
2 cups bread flour
1 Tbsp. poppy seeds
1 cup whole grain flour (Wheat, Khorasan, Emmer)
2 tsp. fast rising yeast

Procedure:

Measure ingredients and place in bread machine pan in order recommended by manufacturer.
Select Whole Wheat cycle.
When done, remove baked bread from pan and let cool on a wire rack.

