



## **Flax Seed Whole Grain Bread**

### **Ingredients:**

- 1 1/8 cups water
- 2 Tbsp. olive oil
- 1/4 cup honey
- 2 cups bread flour
- 1 cup whole grain wheat flour
- 1/4 cup non-fat dry milk
- 1/4 cup flax seed (ground)
- 2 Tbsp. gluten
- 1 tsp. salt
- 2 tsp. SAF yeast or 2 1/2 teaspoons bread machine yeast

### **Procedure:**

I normally knead the dough in my bread machine and then bake in the oven at 350°F for 30 to 35 minutes or until the instant read thermometer reads 190° to 195°.

You can use your machine totally by placing all ingredients in your machines fully assembled pan and in the order specified by your machines manufacturer.

After the first 10 minutes of kneading check the dough, it should form a smooth round ball that when touched with your finger is tacky. However, when you pull your finger away no dough should stick to it. If the dough is too dry add 1 Tbsp. of water at a time until the dough is the proper consistency. If the dough is too wet add 1 Tbsp. of flour at a time until the dough is the proper consistency. It is normal for all recipes to need some sort of an adjustment.

