

# **Whole Wheat and Flax Bread-Using a Bread Machine**

From Marty's Kitchen

This recipe is from my cousin. She brought a loaf of this bread when she came for a visit to celebrate my birthday in 2014. It tastes delicious and I've made it regularly ever since. I've only made this using a bread machine, I'm sure it can also be made using conventional methods- hand kneading and baking in the oven.

## **Bread Machine Version of Whole Wheat and Flax Bread**

Makes a 2lb loaf

- 1 1/3 cup warm water
- 1 tablespoon oil (I use olive oil)
- 2 tablespoon molasses
- 1 teaspoon salt
- 2 tablespoon honey, sugar or agave syrup (I always use honey)
- 1 1/2 cup white bread flour
- 1 1/2 cup whole wheat flour
- 1/2 cup ground flax seed
- 1/4 cup gluten
- 1 pkg yeast for bread machines (or 2 1/4 teaspoon)
- 1/3 cup sunflower seeds (raw)
- 1/3 cup pepitas/pumpkin seeds (raw)

Place ingredients in bread machine in order listed. I use the whole wheat cycle, 2 lb loaf and medium color. Takes about 3 1/2 hrs. start to finish.