

## CLASSIC SPROUTED WHOLE GRAIN BREAD

Run in Nutrimill HARVEST\*\* ~ 6 C Prairie Gold, 3 C each Spelt & Kamut, *sprouted\**

Measure into Bosch\*\* bowl & mix until thoroughly blended. Let set 20 minutes.

5 1/2 C warm water	2+ T SAF instant yeast
2/3 C coconut, sunflower, or olive oil	2/3 C honey
6 - 7 C freshly milled flour	1/2 - 1 C freshly milled flax meal

Then add:

- 2 eggs (optional)
- 1+ T Pink Himalayan Salt (color provides nutrients)
- 2 T sunflower lecithin or dough enhancer
- 4 T Vital Wheat Gluten (optional)
- 7-10 C freshly milled flour

Add enough flour, 1 cup at a time, to make a sticky, but not stiff, dough. Mix until gluten is developed ~ a smooth texture that stretches like bubble gum, about 7 minutes. Preheat oven to 200 for 5 minutes. Turn oven off. Divide the dough into 5 loaves, or shape into rolls, cinnamon rolls or pizza crust.\* Place in oven and let rise for 20 minutes or until doubled. Bake at 350 for 25 - 28 minutes or until golden brown. Remove from pans, cool on racks. Dough can be frozen as cinnamon rolls or pizza crusts.

\*Sprouted grains provide a more pleasing product, bread, cookies, biscuits, etc...

- ◆ Softer, smoother texture that lasts nearly a week instead of becoming crumbly and dry in 36 hours
- ◆ Easier digestion - many folks with gluten sensitivity issues digest our grains without problems
- ◆ Exploded nutrition, literally! You will feel energized & satisfied.

I always keep 2 or 3 batches of bread grains in my pantry, ready to mill.

How to prepare grains....

- ◆ Measure your batch of bread grains into a soaking container, I use a 1 gallon pail - 3 Cups Spelt & Kamut & 6 Cups Prairie Gold
- ◆ Fill the pail with water, several inches over the grain
- ◆ Let rest on your counter, adding more water when necessary at least 8 hours
- ◆ Pour half the pail into a mesh colander,\*\* rinse well
- ◆ Layer into 3 or 4 Filter Pro Dehydrator\*\* trays, spreading evenly. Repeat
- ◆ Dehydrate at 120\* for 8 hours or until dry.
- ◆ Empty your trays into a wide container. I use an old green Tupperware celery keeper. You may also use a designated pillow case. Pour into airtight container until ready to mill. I use glass gallon jars.\*\*

\*\*These equipment items are available from our Granary!