

# 7 GRAIN BREAD

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*Since publishing this recipe, we have adapted Soaking & Dehydrating method to prepare our grains. Before milling your grain, follow instructions below. Your bread will be infinitesimally better if you follow those simple steps. Come to a class for full instructions.*

Mix together & let 'sponge' for 20-30 minutes:

- 5½ cup warm water
- 2/3 cup honey or agave
- 2/3 cup olive oil, sunflower oil or coconut oil
- 2 tablespoons SAF yeast
- 5 cup Rolled 7-Grain Mix ~ freshly rolled
- 5 cup Prairie Gold flour

Add:

- 3 'glops' sunflower lecithin
- 1 tablespoon pink salt
- enough Prairie Gold flour to clean sides of bowl and make a 'tacky' dough

For heart healthy bread:

- add flax seed meal just before dividing into 5 bread pans

Let rise 20 minutes in warm oven or until risen. Bake 25 minutes at 350° or until meat thermometer reaches 180\*

***HEALTH & WELLNESS begin with a good foundation, your diet. Let us introduce you to our Super Simple methods of preparing REAL WHOLE FOOD!***

## *SOAKING & DEHYDRATING Seeds, Nuts, Grains & Beans.*

1. **PURPOSE:** aid digestion - less bloating & allergy issues, magnify the flavors & textures, and explode your nutrients! See the chart on back.
2. **PROCESS:** pour your food item in an open vessel like 1gallon pail. Abundantly cover with water, adding a tablespoon or so of apple cider vinegar. This dissolves the phytic acid (God's natural pesticide that causes issues in our systems). Let rest 8 hours, sometimes I don't get to it for 24, but 8 is optimal. I cover the pail during fruit fly season.
3. **RINSE:** pour half your pail into the large mesh colander. Thoroughly rinse your food. Distribute the contents among 3 or 4 dehydrator trays, evenly spreading it around the tray. Repeat. I use a pasta colander for nuts so the skins don't stick to the mesh.
4. **DEHYDRATE:** stack your trays on the **FILTER PRO**. Set the time & temperature. 8 hours at 120\* for grains & seeds. 124\* for larger foods like nuts. Dry the underside of the lid half way through to hasten the process. Be sure your food is thoroughly dry before storing.
5. **STORING:** slide the trays into a designated pillow case & turn it over. Gravity works! Repeat until the pillow case is full. 'Feed' it into a storage jar. **DONE**, ready for your mill, your mouth etc! Freeze 1/2 of your batch of nuts to preserve freshness.

