

Health Nut & Fruit Breakfast Bread

Posted on Mar 01, 2008 ~ Revised January 2022



In sauce pan, add the following and cook about 5 minutes:

- 2 C dried fruit – dates, apricot, cranberries or apples
- 4 C water or part apple juice
- 2 C freshly rolled grain

In your Bosch bowl, mix the following. Let rest 20 minutes:

- 1 C plain yogurt
- 3 C fresh flour
- 1/3 C olive oil
- 3 T SAF yeast
- 1 C warm water
- 1/4 C agave syrup

Next, add the fruit mixture to the mixture in the Bosch bowl. Then add:

- 2 ‘globs’ sunflower lecithin
- 1 tablespoon pink salt
- 1/2 C flax meal
- about 9 C more flour

Mix until the dough comes away from sides of bowl and it sheets like bubble gum. Shape as desired in pans. Let rise 20 minutes in warm oven. Bake at 350° from 25-35 minutes until thermometer reads 185° and sides of loaf are golden brown.