

9 GRAIN- SEED HEART-HEALTHY 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.

Mill:

- 3 cups spelt
- 3 cups Kamut
- 6 cups prairie gold

Use your Bosch blender to puree:

- 2 cups warm water
- 1 whole, washed and quartered orange (I use up my shriveled oranges like this.)

Add 2 handfuls raisins. Blend again. Pour into Bosch bowl and add:

- 3 cups warm water (clean out your blender with this water before pouring into your Bosch)
- 3 tablespoons SAF yeast
- 2/3 cup honey
- 2/3 cup olive oil
- 6 cups fresh flour
- 2 cups freshly rolled 7-grain

Let sponge 20 minutes then add:

- ¼ cup sunflower lecithin
- 2 cups flax meal
- 1 cup sunflower seed meal
- 1 tablespoon salt

Add enough flour to just clean the sides of the bowl when mixing. Continue mixing until the dough sheets like bubble gum. Divide into 5 loaves. This also makes great dinner rolls or soup bread bowls. Preheat oven at 200° for 5 minutes. Let dough rise for 20 minutes in warm oven. Bake at 350° for 30 to 35 minutes until it reaches 180 degrees internally. (At my usual 25 minutes, it looked done on the outside, but the inside was only about 150 degrees. I was really glad I checked!)

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.

