

Seed Bread

Makes 25 slices



INGREDIENTS:

◆375 ml	1 1/2 cups	water
◆20 ml	4 tsp.	Olive oil
◆30 ml	2 Tbsp.	honey
◆15 ml	1 Tbsp.	Lemon juice
◆5 ml	1 tsp.	Lecithin granules or liquid lecithin
◆750 ml	3 cups	Bread machine whole wheat flour
◆75 ml	1/3 cup	Rolled oats
◆60 ml	1/4 cup	Gluten flour
◆60 ml	1/4 cup	Sunflower seeds, pumpkin seeds, and sesame seeds
	EACH	
◆30 ml	2 tbsp	Flax seeds (ground)
◆10 ml	2 tsp.	Poppy seeds
◆4 ml	3/4 tsp	Caraway seeds (optional)
◆5ml	1 tsp	salt
◆10 ml	2 tsp.	yeast

DIRECTIONS

PLACE ingredients in bread machine bowl in the order listed. **FOLLOW** directions that come with your machine.. (Recipe courtesy of Gwen Moffatt)