



5-Grain Sandwich Bread

High in fiber and protein, excellent source of vitamins and minerals; balanced for lower acid diet

Soften the Seeds:

1/2 cup alkaline ionized water (We used Cerra water)

2 Tablespoons sesame seeds

2 Tablespoons pumpkin seeds

2 Tablespoons sunflower seeds

2 Tablespoons rolled oats

Directions: Soak the sesame, pumpkin, sunflower seeds, rolled oats, and in warm water for 20 minutes. Drain

Bread Dough:

2 cups bread flour

1/2 cup ground white wheat flour

2 Tablespoons ground flaxseeds

1 packet premium rapid rise dry yeast

1 cup 120 to 130 degrees F. warm alkaline ionized water (we used Cerra water)

2 teaspoons honey

1 large egg
1-1/2 to 2 teaspoons fine salt
1 to 1-1/4 cups bread flour
1 beaten egg mixed with 1 Tablespoon water
Topping: as desired pumpkin seeds, sunflower seeds, sesame seeds

Bread Dough:

- In a mixer, stir bread flour, wheat flour, flaxseeds, and dry yeast. Add warm water, honey, and egg; mix for 2 minutes.
- Add the soaked seeds with liquid; Mix for another 5 minutes.
- Change attachment to dough hook, slowly knead in salt and remaining bread flour until soft dough forms and cleans the sides of the mixing bowl, about 5 minutes.

1st Rising:

- With floured hands, form into a ball. Place in lightly greased large bowl, turn dough over once; cover bowl lightly with plastic wrap; place in warm place for about 1 hour or until dough is doubled.
- Turn out onto floured work surface.

Shape Dough into Loaf:

- Shape into 9-inch loaf flattening the dough into a rectangle about 9x10-inches then rolling it up toward the 9-inch side
- Place a strip of parchment paper lengthwise inside greased 9-1/2 x 5-inch loaf pan to overhang the pan ends for easier removal, about 2-inches long.

2nd Rising:

- Cover with plastic wrap; keep warm until dough doubles in volume and comes to the top of the pan, about 1 hour.
- Remove the plastic wrap.

Bake Bread:

- Brush bread lightly with mixed egg wash; sprinkle with pumpkin seeds, sunflower seeds, and sesame seeds as desired.
- Place in a preheated oven at 375 degrees F. bake for 20 to 25 minutes or until the crust is golden brown. Remove from pan immediately.
- For a darker crust on sides; place bread on baking sheet; brush sides of bread with egg wash; bake in 400-degree F. oven for 5 to 10 minutes or golden brown.
- Let rest for 15 minutes before slicing.
Yield: 1 (9-1/2 inch) loaf sandwich bread

Note: I used Manuka honey in our bread. Bread will stay fresh for two or three days in paper bag or frozen in individual slices.

About the Recipe: This bread is high in fiber and protein as well as an excellent source of vitamins and minerals. Hidden in each slice are bits of pumpkin seeds, sunflower seeds, sesame seeds, flaxseeds, and oats. It's designed to be balanced for a lower acid diet and is excellent to serve with sandwiches or for breakfast.