

Barley and Flax Beer Bread

1 ½ cups	unbleached all purpose flour	375	mL
¾ cup	barley flour	175	mL
½ cup	ground flaxseed	125	mL
1 tbsp.	baking powder	15	mL
1 tsp.	baking soda	5	mL
½ tsp.	salt	2	mL
1	large egg	1	
2 tbsp.	liquid honey	25	mL
1	355 mL can beer or 341 mL bottle	1	

- Preheat oven to 350° F (180° C).
- In a bowl, combine flours, ground flaxseed, baking powder, baking soda and salt. Stir well.
- In another bowl, beat together, with a fork, egg and honey. Gently stir in beer.
- Add liquid ingredients to dry ingredients and mix just until moistened.
- Spoon into a 4 ½ x 8 ½ inch (11 x 21 cm) loaf pan that has been sprayed with a nonstick cooking spray.
- Bake 40 to 50 minutes or until wooden pick inserted in centre comes out clean.
- Remove from pan and cool on a wire rack.

Note: De-alcoholized beer can also be used.
Best eaten the same day but also tasty toasted the next day.

Yield: 16 servings
Serving Size: 1 ½ inch (1 cm) slice

Single Serving Nutrient Values

Calories	93.58	
Protein	3.10	g
Carbohydrate	16.22	g
Fiber	2.09	g
Fat	2.18	g
Saturated	.84	g
Monounsaturated	.62	g
Polyunsaturated	.58	g
Cholesterol	13.28	mg
Folate	18.70	mcg
Potassium	65.51	mg
Sodium	239.12	mg