

Grain Bread

4 ½ cups	hot water, 150° F (70° C)	1.125	L
½ cup	honey	125	mL
3 tbsp.	active dry yeast	40	mL
¾ cup	dry skim milk powder	175	mL
1/3 cup	canola oil	75	mL
1 tbsp.	salt	15	mL
2	eggs, beaten	2	
5 cups	whole wheat flour	1.25	L
5 cups	unbleached all purpose flour	1.25	L
1 ½ cups	ground flaxseed	375	mL
¾ cup	cracked wheat*	175	mL
¾ cup	shelled raw sunflower seeds	175	mL
¼ cup	whole flaxseed	50	mL
¼ cup	millet	50	mL
	cornmeal or flour		
1	egg white	1	
1 tbsp.	water	15	mL
¼ cup	shelled raw sunflower seeds	50	mL
2 tbsp.	whole flaxseed	25	mL

- In a medium bowl, combine 1 cup (250 mL) hot water and honey. Stir and let stand until water reaches 105 to 115° F (40 to 45° C) about 7 minutes.
- Sprinkle yeast on top and let stand 15 minutes.
- In a large bread mixing bowl, combine 3 ½ cups (875 mL) hot water, milk powder, oil and salt. Cool 15 minutes.
- In a large bowl, combine flours, ground flaxseed, cracked wheat, sunflower seeds, whole flaxseed and millet.
- Stir yeast mixture and beaten eggs into milk mixture.
- Gradually add 4 cups (1 L) of flour mixture into the liquid mixture. Mix well.
- Continue adding all the remaining flour mixture.
- Turn dough onto floured surface adding up to ½ cup (125 mL) more unbleached flour, a little at a time to make a medium-soft dough.
- Rub canola oil on hands and knead dough until smooth and elastic in texture, about 8 to 10 minutes.
- Place dough in an oiled bowl, oil top of dough, and cover loosely with plastic wrap.
- Let rise in a warm place for one hour.
- Punch dough down, let rise 30 minutes.
- Divide dough into 3 equal portions. Shape each into 3 x 11 inch (7 x 27 cm) log-shaped loaf. Place evenly spaced apart on a 12 x 8 inch (30 x 20 cm) baking sheet that has been well sprinkled with cornmeal or flour.
- In a bowl, beat together egg white and water until frothy. Brush top of loaves. Sprinkle 1 tbsp. (15 mL) sunflower seeds and 2 tsp. (10 mL) flaxseed over each loaf.
- Let rise until double in size (about 45 minutes).
- Preheat oven to 350° F (180° C).

- Bake 30 to 40 minutes or until nicely browned and hollow sounding when top of loaf is tapped.
- Remove from oven and let cool 5 minutes.
- Remove from pan and continue cooling on wire rack.

Yield: 3 loaves (16 slices per loaf)

Serving Size: 1 slice

Single Serving Nutrient Values

Calories	159.71	
Protein	5.67	g
Carbohydrate	26.47	g
Fiber	3.89	g
Fat	4.71	g
Saturated	1.17	g
Monounsaturated	2.88	g
Polyunsaturated	9.96	g
Cholesterol	0	mg
Folate	69.08	mcg
Potassium	209.69	mg
Sodium	.91	mg