

## Multi-Grain Bread

Sometimes we like a heartier bread. I have simply added some extra ingredients to my regular bread recipe to make a wonderful Multi-Grain Bread!

1. Put 2 cups water and 1 cup oatmeal (can use 6-grain rolled cereal) in a large bowl or 8-cup measuring cup. Microwave on high for 5 minutes. Cool to 110° .
2. Put 6 cups HOT water in a mixing bowl add: 2 c. 9-grain cracked cereal, 1 c. sunflower seeds, 1/2 c. flax seeds, 1/3 c. sesame seeds, 1/3 c. millet. Soak for 1/2 hour.
3. Then add 1/2 cup brown sugar and 1/4 cup yeast. Let stand for 5 minutes until the yeast bubbles.
4. While yeast bubbles, grind 8 cups of whole wheat to make 12 cups of whole wheat flour. At this point you may add 3 500mg tablets of vitamin C to your grinder. This acts as a dough enhancer!
5. Add to yeast mixture: 1/4 cup oil, 1/2 cup honey, 1/4 cup butter, 3 eggs, 1 cup powdered milk, 1 cup gluten flour, 3 scant Tablespoons salt, cooked oatmeal, and 6 cups of the whole wheat flour. Run mixer until very smooth.
6. Add whole wheat flour or blend of whole wheat and white flour, until dough doesn't stick to the bowl anymore (about 14-16 cups total) Dough needs to be slightly sticky as seeds will absorb water in cooking! Then knead this for a total of 10 min. from the time you started adding flour.
7. Put dough into a greased bowl. Let rise till double. 30-45 minutes.
8. Turn dough onto floured surface. Divide into 8. Form loaves. Let rise in a warm oven for 35-45 minutes. Without peeking or opening oven, turn oven on and let heat up to 350°.
9. Bake at 350° for a total of 25-30 minutes from time you turned on oven.