THE J.M. SMUCKER Co

Honey Sunflower Loaf

Makes 2 loaves

Prep Time	Cook Time	Serves	Difficulty
20 mins	30 mins	N/A	N/A

Ingredients

- 3 1/4 cups (800 mL) **Robin Hood®** Best For Bread Homestyle White Flour

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- 2 pkgs (8 g) (2 1/4 tsp / 11 mL) instant yeast
- 1 tbsp (15 mL) sugar
- 2 cups (500 mL) water, lukewarm
- 2 cups (500 mL) **Robin Hood®** Best For Bread Whole Wheat Flour

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- 1 cup (250 mL) **Robin Hood®** Oats

  Robin Hood® Quick Oats

- 1 3/4 tsp (8 mL) salt
- 1/4 cup (50 mL) butter, softened
- 1/4 cup (50 mL) liquid honey
- 1 cup (250 mL) salted sunflower seeds

Directions

Step 1:

Preheat oven to 375°F (190°C).

Step 2:

Combine 2 cups (500 mL) white flour, yeast and sugar in large bowl.

Step 3:

Add water. Beat on low speed of electric mixer until smooth, 3 minutes.

Step 4:

Stir in whole wheat flour, oats, salt, butter, honey and seeds. Mix well. Stir in enough remaining white flour to make a stiff dough. Turn out onto floured board.

Step 5:

Knead dough, adding more flour as necessary to make a soft, smooth dough that’s elastic and no longer sticky, about 8 minutes.

Step 6:

Place in lightly greased bowl. Turn dough to grease top. Cover with parchment paper and tea towel.

Step 7:

Rise in warm place (75°-85° F/24°-29° C) until doubled (50 to 60 minutes).

Step 8:

Punch down. Turn out onto floured board. Divide dough in half. Cover; let rest 10 minutes.

Step 9:

Shape each portion into a loaf. Place seam side down in two greased 8 1/2" x 4 1/2" (1.5 L) loaf pans. Cover with tea towel.

Step 10:

Rise in warm place until doubled (50 to 60 minutes).

Step 11:

Bake on lower rack of preheated oven for 25 to 30 minutes. Remove from pans immediately. Cool on wire racks.

Images

