THE J.M. SMUCKER Co

One Rise Breakfast Seed Bread

Makes 1 loaf

Prep Time	Cook Time	Serves	Difficulty
20 mins	35 mins	N/A	N/A

Ingredients

- 2 1/4 tsp (11 mL) instant yeast
- 1 tsp (5 mL) sugar
- 1 1/4 cups (375 mL) hot water (120°F - 130°F/50°C - 55°C)
- 2 tbsp (30 mL) butter, softened
- 3 tbsp (45 mL) maple syrup or honey
- 1 tsp (5 mL) salt
- 1 1/4 cups (300 mL) **Robin Hood®** Best for Bread Flour Whole Wheat Flour

  Robin Hood® Best for Bread Whole Wheat Flour
- 1 cup (250 mL) **Robin Hood®** Best for Bread Flour Homestyle White

  Robin Hood® Best for Bread Homestyle White Flour
- 1/2 cup (125 mL) **Robin Hood®** Oats

  Robin Hood® Quick Oats
- 1/2 cup (125 mL) seeds (any combination: poppy, sesame, flax, pumpkin, sunflower)
- 1/4 cup (50 mL) raisins or dried cranberries (optional)

Directions

Step 1:

Grease an 8 1/2” x 4 1/2“ (21 cm x 11 cm) loaf pan.

Step 2:

Dissolve yeast and sugar in water in large bowl. Let stand 10 minutes or until frothy. With wooden spoon or spatula, mix in butter, maple syrup and salt. Add whole wheat flour and mix. Add remaining ingredients and mix until a sticky but still wet dough forms. Spoon into prepared pan. Cover with plastic wrap and tea towel and let rise in warm area until almost doubled, about 45 minutes.

Step 3:

Preheat oven to 375°F (190°C). Bake 35-40 minutes or until the internal temperature reaches 190°F (87°C).

Images

