THE J.M. SMUCKER Co

Multiseed Bread

Makes 2 loaves

Prep Time	Cook Time	Serves	Difficulty
35 mins	40 mins	N/A	N/A

Ingredients

- 2 cups (500 mL) warm water (105°-115°F/40°-56°C)
- 1/2 cup (125 mL) cracked wheat or bulgur
- 2 tbsp (30 mL) active dry yeast
- 1/3 cup (75 mL) honey
- 1/4 cup (50 mL) Vegetable Oil
- 1/4 cup (50 mL) chopped walnuts
- 1/2 cup (125 mL) sunflower seeds
- 1/3 cup (75 mL) shelled raw pumpkin seeds
- 1 tsp (15 mL) sesame and poppy seeds
- 1 tbsp (15 mL) salt
- 3 1/2 cups (875 mL) **Robin Hood®** Best for Bread Whole Wheat flour, plus extra flour for kneading

  Robin Hood® Best for Bread Whole Wheat Flour

- **Topping:**
- 1 egg, lightly beaten
- 1 tbsp (15 mL) sesame seeds

Directions

Step 1:

Combine warm water and cracked wheat in large bowl. Let stand for 15 minutes. Sprinkle yeast over this mixture. Let stand for 15 minutes or until foamy.

Step 2:

Add honey, oil, walnuts, sunflower seeds, pumpkin seeds, sesame and poppy seeds, salt, and 1 1/2 cups (375 mL) of flour.

Step 3:

Beat in the remaining flour low speed of electric mixer, 1/2 cup (125 mL) at a time, until the electric beaters/paddle attachment won’t beat anymore and a sticky dough is formed.

Step 4:

Transfer dough to lightly floured work surface. Sprinkling surface with extra flour as needed to prevent sticking, knead dough until smooth and elastic, about 10 minutes. Place in a greased bowl, cover with plastic wrap and let rise in warm, draft-free area until doubles in size, about 2 hours.

Step 5:

Punch down dough. Divide in half, shape into rectangles and place in prepared pans. Cover loosely with plastic wrap and let rise again until doubles in size, about 45 minutes. Brush tops with lightly beaten egg; sprinkle with seeds.

Step 6:

Preheat oven to 375ºF (180ºC). Lightly grease two 8.5” x 4.5” (1.5 L) loaf pans.

Step 7:

Bake in centre of preheated oven for 35 to 40 minutes or until breads are golden brown and sound hollow when tapped.

Images

