

Grain bread homemade

With this recipe, a healthy and nutritious grain bread is made in no time.

Ingredients and quantities according to housewives Art.

1/2 wholemeal spelled bread baking mix (Aldi)

(Alternatively: 500 gr wholemeal spelled flour and 1 bag of dry yeast)

1 1/2 teaspoons of salt to your personal taste

2 hands of chia seeds

1 hand mixed grains,

2 hands of sesame

1 Hand peeled sunflower seeds, additionally about 1/2 hand

the sunflower seeds to sprinkle the surface

1 hand hazelnuts

1 hand oat bran

2 hands of flax seeds

2 hands of oatmeal + 2-3 tablespoons to sprinkle

500ml lukewarm water

Put all ingredients in a bowl and mix well.

Then add the lukewarm water and mix well with a wooden spoon.

Pour the finished dough into a greased box mold or a silicone mold and cover with a cloth.

The dough should now go about 1 hour.

Preheat the oven to 170 ° C and bake the tin with the dough for 30 minutes.

Then take the finished bread out of the mold and bake for another 10 minutes for a nice crispy surface.

Then switch off the oven and let the bread steep for another 30 minutes.

The bread is cooked when there is a "hollow" sound when tapping on the crust.