



WHOLE WHEAT BREAD WITH SEEDS

🔪 10 min ⌚ 1 h 30 min 🌱 easy 🍞 14 slices

INGREDIENTS

50 g mixed seeds (pumpkin seeds, sunflower seeds, flaxseeds)
 400 g water
 10 g yeast
 10 g olive oil
 10 g honey or carob syrup
 50 g cornmeal
 400 g whole wheat flour
 250 g bread flour
 10 g salt

PREPARATION

1. Place mixed seeds into mixing bowl and grind **10 sec/speed 10**. Transfer into a bowl and place the bowl on mixing bowl lid. Weigh 100 g water inside, mix seeds with water gently and set aside.
2. Place remaining 300 g water into mixing bowl, add yeast, olive oil and honey and boil **2 min/37°C/speed 3**.
3. Add mixed seeds along with the water they were soaked in, cornmeal, whole wheat flour, bread flour and salt and mix **15 sec/speed 4** and knead **1 min 30 sec/dough mode**.
4. Transfer dough on a lightly floured surface and shape the bread in the form that you prefer. Set aside for 30 minutes to double in size and bake for 45-50 minutes in a lightly preheated oven (190°C).
5. When it's ready, wrap the bread in a towel and set aside for approximately 15 minutes before serving.

- This recipe was adapted to the Thermomix by the advisor Mrs Marina Pantelidou from Nicosia.