



Wheat Bread with Flax Seed

Jacob · 28/09/2024



Prep Time

3 hrs 20 mins

Difficult

Medium

Servings

4 hrs 5 mins

Description

This is a standard 1 pound bread machine recipe which I altered to suit my taste and nutritional needs

Ingredients

— - 1 (.25 ounce) package active dry yeast - 1 $\frac{1}{4}$ cups whole wheat flour - $\frac{3}{4}$ cup ground flax seed - 1 cup bread flour - 1 tablespoon vital wheat gluten - 2 tablespoons dry milk powder - 1 teaspoon salt - 1 $\frac{1}{2}$ tablespoons vegetable oil - $\frac{1}{4}$ cup honey - 1 $\frac{1}{2}$ cups water

Instructions

1. Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start.