

## Hearty Brown Bread

2 ½ C. hot water (not boiling)  
1 Tbsp active dry yeast  
½ C. molasses  
3-4 ½ C. whole wheat flour  
1 C. oat flour  
¼ C. barley flour  
¼ C. flax seeds  
5-6 Tbsp wheat gluten (I commonly use up to 1 cup and count that towards the flour for fluffier bread)  
1 tsp sea salt

Sift dry ingredients together (or place in bread machine) then mix wet ingredients together and pour over dry ingredients. Mix and knead gently until correct consistency (dough is slightly sticky but is formed into a ball that is spongy) Let rest and rise about an hour. (about double in size) then punch down and form into two loaves, allow to rise again in their pans while oven is preheated to 350° When bread has risen (about ½ hour) bake for 35 minutes or until golden brown and when tapped on the side makes a hollow sound. Cook in pans on a rack for about ½ hour then remove from pans and continue to cool on rack. This bread freezes well.

## Hearty Brown Bread

2 ½ C. hot water (not boiling)  
1 Tbsp active dry yeast  
½ C. molasses  
3-4 ½ C. whole wheat flour  
1 C. oat flour  
¼ C. barley flour  
¼ C. flax seeds  
5-6 Tbsp wheat gluten (I commonly use up to 1 cup for fluffier bread)  
1 tsp sea salt

Sift dry ingredients together (or place in bread machine) then mix wet ingredients together and pour over dry ingredients. Mix and knead gently until correct consistency (dough is slightly sticky but is formed into a ball that is spongy) Let rest and rise about an hour. (about double in size) then punch down and form into two loaves, allow to rise again in their pans while oven is preheated to 350° When bread has risen (about ½ hour) bake for 35 minutes or until golden brown and when tapped on the side makes a hollow sound. Cook in pans on a rack for about ½ hour then remove from pans and continue to cool on rack. This bread freezes well.