

Three Seed Honey Whole-Wheat Bread (for Bread Machine)

For a 1-1/2 lb. loaf:

1-1/4 cups water
2 tablespoons vegetable oil
1/4 cup honey
2 cups bread flour
1 cup plus 2 tablespoons whole-wheat flour
1/4 cup nonfat dry milk powder
5 teaspoons gluten
1 teaspoon salt
1/3 cup sunflower seeds (optional)
2 tablespoons sesame seeds (optional)
2 teaspoons poppy seeds (optional)
1-1/4 teaspoons bread machine yeast

For a 1 lb. loaf:

7/8 cup water
1-1/2 tablespoons vegetable oil
3 tablespoons honey
1-1/2 cups bread flour
2/3 cup whole-wheat flour
3 tablespoons nonfat dry milk powder
1 tablespoon gluten
3/4 teaspoon salt
1/4 cup sunflower seeds (optional)
4 teaspoons sesame seeds (optional)
1 heaping teaspoon poppy seeds (optional)
1 teaspoon bread machine yeast

1. Place the ingredients in the bread machine in the order given or according to manufacturer's instructions. Set Crust on light, program for Basic or Whole-Wheat Bread and press Start.
2. After the baking cycle ends, remove the bread immediately from the machine to a cooling rack. Cool to room temperature before slicing.

Source: *The Bread Bible* by Beth Hensperger

Comments: This bread is yummy and keeps for several days. It is good either with or without the optional seeds (I like to include the seeds). I usually use either canola or grapeseed oil. I use rapid rise yeast, and find that it takes about 2 hours to finish the bread machine cycle. If I have it available, I like to substitute white whole-wheat flour for the regular whole-wheat flour. This bread will taste differently depending on what type of honey you use (I like Whole Foods Wildflower honey, but have also used Clover or Fireweed honey).