



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Health Bread

makes 2 large loaves

2 1/3 cups water
3/4 cup rolled oats...I used 'Quick Oates' cooks in 5 minutes...
1/4 cup wheat germ
1/2 cup butter or margarine
1/2 cup molasses
5 teaspoons active dry yeast
2 cups multi-grain bread flour
1 cup kamut flour
3 cup all-purpose flour
2 teaspoons fine sea salt
1 cup sweetened dried cranberries

THE STEPS:

- Bring the water to a boil.
- Place oats, wheat germ, butter or margarine and molasses in a large bowl or the bowl of your stand mixer.
- Pour hot water over and stir until margarine melts and mixture is well incorporated.
- When mixture has **cooled to lukewarm**, stir in yeast and allow to sit for 5 minutes.
- Add 2 cups of the multi-grain bread flour and the salt...mix well
- Gradually add the remaining flours until you have a soft dough.
- Knead dough until smooth and springy.
- Place dough in a greased bowl, cover with a damp tea towel and allow to rise until it doubles in volume. *Anywhere from 2 1/2 - 3 1/2 hours*
- Punch the dough down and turn it over, cover and allow to rise again. *1 1/2 - 2 hours*
- When it has doubled in volume, punch the dough down and shape into 2 loaves. *I divide the loaves in 2 again so I can freeze smaller portions.*
- Place dough, seam side down, in greased bread pans, cover with a damp tea towel and allow to rise until double in volume.
- Preheat oven to 375°F
- Place loaves in oven and bake for 45 minutes.
- Remove from oven, take bread out of pans and sit on cooling rack.

THE LOVE: This bread needs you to be home for the day. The multiple raisings will produce beautiful high loaves just like your grandmother made!