



## Simple Wholemeal and Seeded Bread

### Ingredients

- 360 ml warm water
- 1 packet fast-acting yeast
- 30 ml maple syrup, agave, or honey
- 1/2 tbsp salt
- 10g Oat bran
- 10g Ground Almonds
- 300g Wholemeal flour
- 240g Plain flour and some for dusting
- 15g raw or roasted sunflower seeds
- 11g rolled oats

If you do not have the seeds, then leave them out, this recipe will work without them. Work wise it is just mixing the ingredients and then a bit of kneading. Simple really.

Enjoy this and let me know how you get on.



### Method

- Combine warm water (110 degrees F / 43 C), yeast, maple syrup or sugar, salt, flax seed and flours in a large mixing bowl and stir. The result will be a sticky, rough dough. If using a mixer, beat at medium speed for about a minute. Otherwise, just use a spoon to stir until well combined and when it can no longer do the job, dust your hands in flour and knead, turn it in the bowl with your hands. Add flour until the dough is no longer sticking to the sides.
- Lift the dough out and lightly grease the bowl with a light oil or olive oil. Cover and let it rise for two hours at room temperature and then two hours in the fridge. It can go in the fridge, but the room temperature wait will help the yeast to activate properly.
- Create a small hole in the dough and pour in sunflower seeds and oats. On a lightly floured work surface knead the dough to mix in the seeds for about 20 turns or until elastic. Form into a loaf-like shape.
- Place seam-side down in a lightly greased loaf pan and sift a light coating of flour over the top to help keep the dough moist. Loosely cover with plastic wrap and let rest for 45-60 minutes.
- Preheat oven to 425F/220C/200C Fan. Near the end of the resting time use a roasting tin and put a metal rack inside the tin. Also have a cup of hot water ready.
- When the oven is pre-heated, slash the bread 2 or 3 times with a knife, making a cut about 1/2-inch deep.
- Place the bread tin on the rack in the middle of the oven.
- Bake the bread for 30 minutes, or until deep golden brown and risen.
- Remove the bread from the oven and let rest in the pan for 5 minutes. Then carefully remove from pan and transfer to a cooling rack to cool. Let it cool completely before slicing for best results, when bread is hot it tears rather than slices.
- Store in a plastic bag at room temperature for up to a few days. Transfer to freezer to keep longer.

### Other Information

Serves - 12

Preparation time – 5-6  
hours

Cooking time – 30 minutes