

Nutritional Bread Recipe (high fiber, high protein, high Omega-3 fatty acids)

Ingredients:

2 cups whole milk (microwave heat to warm about 100°F)

1 teaspoon instant dry yeast

7 cups Mennel Menkota™ or Hard Whole Wheat Flour (or a mixture of the two)

3 tablespoon Sugar

3 tablespoon Butter

Add all ingredients into your bread machine in the above order. Turn your bread machine to the dough setting and let it mix for about 7 minutes. Make sure all the ingredients are thoroughly combined. Then stop mixing. Restart mixing, in the meantime, add the following recommended ingredients.

1 cup raisins

¼ cup flax seeds

¼ cup chia seeds

¼ cup sesame seeds

¼ cup walnuts

¼ cup almonds

½ cup pumpkin seeds

1 cup dried cranberries

2 teaspoon ground cinnamon



Directions:

During mixing, make sure that the ingredients are thoroughly combined, and the dough is not too wet or too dry (if it is too dry, add 1 tbsp of whole milk at a time; if it is too sticky/wet, add 1 tbsp of flour at a time.). Let the dough ferment in the bread machine for about 2 hours. The dough should raise to 2 times the original volume. If it does not raise to over 2 times of the original volume, leave it go for another half hour or one hour to continue fermenting. When the dough ferments enough, dump the dough out onto a lightly floured surface, shape the dough to your desired shape and dust flour on the top. Leave the shaped dough to proof about 1 hour by covering it in plastic wrap.

After proofing, preheat the oven to 425°F. When the oven temperature reaches 425°F, place shaped and proofed dough to bake for 25 minutes or so. Place one bowl of hot water in the oven while baking. When you want to check if the bread is fully baked, you should insert a toothpick in the center of bread. If the toothpick comes out clean, the bread is fully baked.

"I bake this bread often at home. When I bake or steam at home, I really do not follow the recipe and steps, which I describe above, because I just follow my experience. I hope others enjoy it as much as I do. My Chinese friends like the bread very much. It is high in fiber, protein, omega-3 fatty acid as well as calcium (whole milk and almond) – that's why I call it nutritional bread."

Shuping Yan, Quality Assurance Manager
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Mennel