

Recipes

Sunflower Bread Recipe

2 T Dry Yeast
2 Cups Whole Wheat Flour
2 1/2 Cups Milk
1 T Sea Salt
2 T WVG5 Organic Sunflower Oil
1/4 to 1/2 Cup Raw Honey
4 Cups Whole Wheat Flour
1 Cup Sunflower Seeds
Or Chopped Pumpkin Seeds or Raisins

In a large bowl, mix two cups of the flour with the yeast. Heat the milk, salt, and honey to lukewarm. Add the liquid to the flour-yeast combination and beat 2 minutes. Add the remaining flour and seeds or raisins and work in by hand. Knead the dough 5 to 10 minutes on a floured board. Place the dough in an oiled bowl, turning to coat the dough. Cover and let rise until doubled, about 2 hours. Punch the dough down. Divide it into half and shape into two loaves. Place into oiled loaf pans. Cover and let rise until doubled, about 1 hour. Bake 40 to 45 minutes at 375 degrees. Cover loosely with foil the last 5 minutes of baking. Turn loaves out on a rack to cool.

