

# Bonnie's Sprouted Wheat Bread

## Ingredients

1/2 cup unsalted sun flower seeds-ground 1 t salt  
1/3 cup olive oil  
3/4+ cup of honey  
1 1/2 cups warm water  
1 1/2 cups unbleached flour  
1 1/2 cups whole wheat flour  
3/4 cup sprouted wheat flour-Bio-Kinetics  
1/4 cup oatmeal  
1/4 cup flax flour  
3 T yeast-Saf  
4 T gluten

## Directions

Put items in this order, making a trench in the flour for the yeast and the gluten.

## Equipment:

I like the Breadman 1050/1060 mixer. I use the dough cycle (#11) for about 10 minutes to knead the bread and then go to the fast bake (#4) cycle to bake it.

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