



KEFIR CULTURED WHOLE WHEAT BREAD

Single Rise, 3 Easy Steps
makes 2 one-pound delicious, nutritious loaves

Tip: to prevent over- browning cover with foil tent when golden brown.

6-8 C. whole wheat flour
(this will depend on your flour)
2 Tbsp. instant dry yeast
1 tsp. baking soda
2½ C. room temp. kefir
2 Tbsp. kefir grains (optional)

2 Tbsp. oil
2 Tbsp. honey

Crust topping:

Sesame or flax seeds

Egg glaze:

beat 1 egg with 1 or 2 Tbsp. honey or agave nectar. (Store remaining glaze in refrigerator and use again on next batch of bread.) *To keep bread fresh: slice, wrap securely & keep in freezer.*

1. In large bowl mix together 2 C. of the flour, dry yeast and baking soda. Puree live kefir grains with small amount of liquid kefir in blender, then add to rest of kefir, oil & honey.

Mix into flour and yeast mixture. Add remaining flour in small amounts until until you can begin kneading with oiled hands.

2. Divide batter in half & roll into 2 loaves and place in greased glass or ceramic bread pans. Brush with egg glaze and sprinkle tops with sesame or flax seeds & let rise in warm draft-free place (at 85° approx. 1 hr.), until doubled in size.

3. Bake at 400° F. (for glass pans, 350°) for 30 minutes or until loaf sounds hollow when tapped with your fingers. Remove from oven and reglaze immediately so glaze cooks and becomes shiny. Remove from pans. Cool, slice & eat.

