



Whole Wheat Three Seed Bread

Using "3 Grain Bread Base"



Recipe from Breadworld.com by Fleishman's

Ingredients

- 2 cups whole wheat flour
- 1 pkg. of Fleischmann's Rapid Rise Yeast (2 1/4 tsp.)
- 2 T. sugar
- 1 1/2 t. Salt
- 1 1/4 cups of water
- 2 T. butter
- 1/2 cup white flour
- 1/2 cup of the Three Seeds
- 1 egg white
- 1 T. water
- 1-2 T. of the seeds for topping



Directions



- Combine 1 cup of the wheat flour with the sugar, salt and the undissolved yeast in a bowl.
- Heat the water to 120 or 130 and add the butter to melt it.
- Mix one cup of the flour mix with the water until it is well combined and then add the 3-seed mixture and the rest of the whole wheat flour.
- Stir in enough of the white flour until a soft dough forms.
- Knead on lightly floured surface for about 5 minutes.
- Cover and let the dough rise until double in size.
- Form dough into a 15-inch-long shape. Then fold several times until loaf is formed. You could pinch the ends to seal.
- Place on a greased baking sheet and let it rise for 30-40 minutes-covered.
- Beat the egg white with the water and brush the top of the loaf. Then sprinkle the seeds over the loaf and you can press to better adhere.



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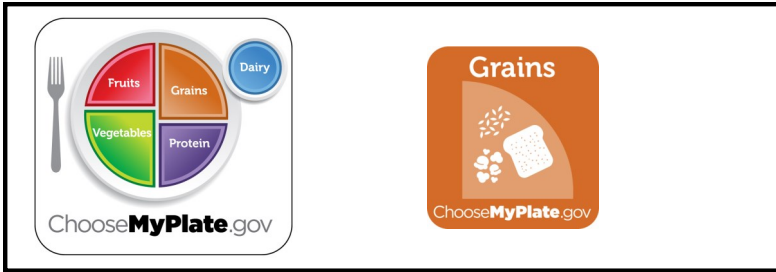
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Fast Facts



Featured Food Groups



| Nutrition Facts | |
|---|----------------|
| 12 servings per container | |
| Serving size | 1 slice |
| Amount Per Serving | |
| Calories | 100 |
| <small>% Daily Value*</small> | |
| Total Fat 2g | 3% |
| Saturated Fat 0.9g | 5% |
| Trans Fat 0g | |
| Cholesterol < 5mg | 1% |
| Sodium 135mg | 6% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | 6% |
| Vitamin D 0mcg | 0% |
| Calcium 13mg | 0% |
| Iron 0.9mg | 4% |
| Potassium 0mg | 0% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Cooking Tips

- Toast bread and add veggies for a quick snack.
- Can't eat the entire loaf? Freeze it for later!
- Try spreading bread with peanut butter or hummus.

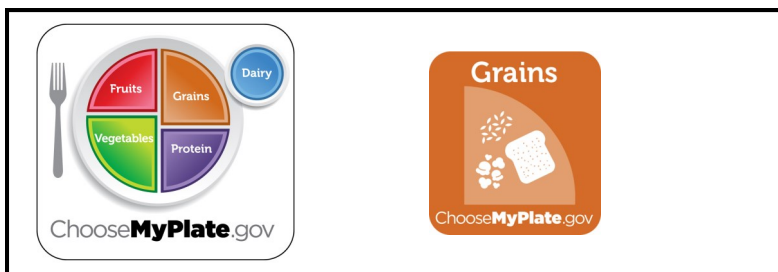
Second Harvest is an equal opportunity provider.



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