

Cracked Grain Pumpnickel Bread

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This bread is yummy. It is a little reminiscent of a loaf or bran muffins. It is a very heavy, nutrient-dense, high fiber bread. It does not hold together like regular bread, so works better for open-faced sandwiches rather than traditional sandwiches. It is wonderful with nut butter and bananas or with avocado and tomato slices. It can be toasted, if desired. Enjoy!

4 cups (1 L) cracked multigrain cereal (e.g 8-grain or 12 grain)

2 cups (500 ml) mixed seeds (chia, pumpkin, sunflower, etc)

1 cup (250 ml) ground flaxseed

1 cup (250 ml) rye flour (or other whole grain flour)

1 tsp (5 ml) salt (or 1 $\frac{1}{2}$ tsp (7 ml) , if desired)

5 $\frac{1}{2}$ (1375 ml) cups hot water (just below boiling)

$\frac{3}{4}$ cup (185 ml) molasses

3 Tbsp (45 ml) apple cider vinegar

1 tsp (5 ml) baking soda

Preheat oven to 275 degrees F. In a large bowl, stir together cereal, seeds, flour and salt. In another bowl stir together water, molasses, vinegar and baking soda.

Pour wet ingredients into dry ingredients and stir well for at least 2-3 minutes.

Cover and let stand overnight or for 4 hours.

Spray or oil two loaf pans. Divide dough into the 2 pans.

Bake for 1 hour then lower the heat to 250 degrees F and bake another hour or more until firm.

