

~ Epic Whole Grain Grit Bread Recipe ~

By Michael Ironstone

Epic Warm Water.....1 1/2 - 2 Cups
Whole Wheat flour.....3 Cups
gluten.....1 TBsp
Salt.....1/2 TBsp (1 1/2 Tsp)
Yeast.....1 TBsp
Sunflower seeds.....about a handful
Rye flakes.....about a handful
Barley flakes.....about a handful
Hemp hearts.....about a handful
Oat Bran.....about 1/2 of a Cup
Chia Seeds.....about a handful
Sesame Seeds.....about a handful
Oats.....about a handful
psyllium powder.....about 2- 3 Tsp (recommended amount)

Throw everything in the epic bread machine and let it do most of the work for you!!! Take out the bread and shape it however you want. Let it sit and rise for about an hour. Then throw it into the oven to bake. Set it to 400° f (200° C...) and bake it for about 20 minutes. When it's looking ready, take the loaf out, hold it upside down, and knock on the bottom with your knuckles. If it sounds hollow, it should be finished! Now it's time to enjoy your epic creation!!!