



Essene Bread for the Bread Machine

 Vegetarian

READY IN



680 min.

SERVINGS



36

CALORIES



45 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 1 eggs
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vital wheat gluten
- ☐ 0.5 cup sprouted wheat berries

☐ 2.3 cups flour whole wheat

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ blender

☐ colander

☐ bread machine

Directions

☐ Beginning several days before you hope to be eating this bread, rinse 1/2 cup raw wheat berries in cool water; drain. Soak the berries with cool water in a large bowl. Cover the bowl with a plate or cloth, and allow the berries to soak at normal room temperature overnight or for about 12 hours. The berries will soak up a considerable amount of water.

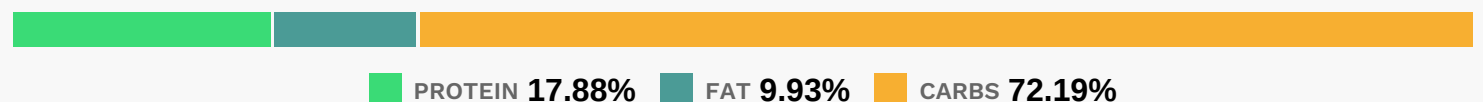
☐ Drain the berries in a colander, cover the colander with a plate to prevent the berries from drying out, and set it in a place away from light. Rinse the berries about 3 times a day, and they will soon begin to sprout. In a couple of days the sprouts will reach their optimum length of about 1/4 inch.

☐ Drain the sprouts and grind them in a blender or food processor.

☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Whole Wheat cycle and Medium Crust setting; press Start.

☐ If your machine has a raisin cycle, you can put the sprouts in at the beep for more intact sprouts. If not, the bread may have a mushy consistency.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.5582608658334%

Nutrients (% of daily need)

Calories: 44.88kcal (2.24%), Fat: 0.52g (0.8%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.95g (1.05%), Cholesterol: 5.1mg (1.7%), Sodium: 49.88mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Manganese: 0.33mg (16.58%), Selenium: 5.4µg (7.72%), Fiber: 1.21g (4.84%), Vitamin B1: 0.06mg (3.7%), Phosphorus: 35.57mg (3.56%), Magnesium: 11.35mg (2.84%), Vitamin B2: 0.05mg (2.7%), Iron: 0.41mg (2.29%), Vitamin B3: 0.43mg (2.15%), Vitamin B6: 0.04mg (1.82%), Folate: 7.16µg (1.79%), Copper: 0.03mg (1.72%), Zinc: 0.25mg (1.68%), Calcium: 12.2mg (1.22%), Potassium: 39.91mg (1.14%)