



Hearty Multigrain Bread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



157 kcal

BREAD

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 3 tablespoons canola oil
- ☐ 3 tablespoons blackstrap molasses dark
- ☐ 1 large eggs
- ☐ 1 tablespoon milk fat-free
- ☐ 1.7 cups milk fat-free
- ☐ 1 teaspoon flaxseeds
- ☐ 2 teaspoons flaxseeds

- ☐ 3 cups flour all-purpose divided
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon millet uncooked
- ☐ 2 teaspoons millet uncooked
- ☐ 1 teaspoon poppy seeds
- ☐ 2 teaspoons poppy seeds
- ☐ 0.7 cup quick-cooking oats
- ☐ 1 teaspoon quick-cooking oats
- ☐ 1.3 teaspoons salt
- ☐ 1 cup warm water (100° to 110°)
- ☐ 0.3 cup wheat germ
- ☐ 2 cups flour whole-wheat divided
- ☐ 0.3 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ To prepare dough, cook 1 2/3 cups milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.

- ☐ Combine 2/3 cup oats, wheat germ, and cornmeal in a large bowl; stir in scalded milk. Cool until warm (100 to 110).
- ☐ Lightly spoon whole-wheat flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/2 cups wheat flour and yeast in a bowl, stirring with a whisk.
- ☐ Add flour mixture to milk mixture; stir well to combine.
- ☐ Add water and next 7 ingredients (through salt) to milk mixture; stir until well blended.
- ☐ Lightly spoon all-purpose flour into dry measuring cups; level with a knife.
- ☐ Add 1/2 cup whole-wheat flour and 2 1/2 cups all purpose flour to milk mixture; stir until a soft dough forms. Turn dough out onto a floured surface; let rest 5 minutes. Knead dough until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide in half. Working with one portion at a time (cover remaining dough to keep from drying), roll each portion into a 13- x 7-inch rectangle on a floured surface.
- ☐ Roll up each rectangle tightly, starting with a long edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal.
- ☐ Place each roll, seam side down, in an 8- x 4-inch loaf pan coated with cooking spray. Cover and let rise 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Preheat oven to 37
- ☐ To prepare topping, combine 1 tablespoon milk and egg in a small bowl; brush over loaves.
- ☐ Combine flaxseed, poppy seeds, millet, and 1 teaspoon oats in a bowl; sprinkle seed mixture over loaves.
- ☐ Bake at 375 for 15 minutes. Reduce heat to 350 and bake 20 minutes or until loaves are browned on bottom and sounds hollow when tapped.
- ☐ Remove from pan; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:27.18, Glycemic Load:12.3, Inflammation Score:-3, Nutrition Score:8.9052174121303%

Nutrients (% of daily need)

Calories: 156.78kcal (7.84%), Fat: 3.21g (4.93%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.07g (9.12%), Sugar: 3.65g (4.06%), Cholesterol: 8.28mg (2.76%), Sodium: 134.17mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Manganese: 0.93mg (46.61%), Selenium: 15.36µg (21.95%), Vitamin B1: 0.31mg (20.71%), Folate: 55.18µg (13.79%), Phosphorus: 117.2mg (11.72%), Magnesium: 42.28mg (10.57%), Fiber: 2.53g (10.11%), Vitamin B2: 0.17mg (9.75%), Vitamin B3: 1.93mg (9.63%), Iron: 1.61mg (8.96%), Vitamin B6: 0.13mg (6.42%), Copper: 0.12mg (6.23%), Zinc: 0.93mg (6.21%), Potassium: 165mg (4.71%), Calcium: 44.23mg (4.42%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.24µg (1.57%), Vitamin K: 1.6µg (1.52%)