

# WHOLEWHEAT SEED LOAF



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Makes one large loaf

5 cups wholewheat or Nutty Wheat flour

10 ml salt

60ml brown sugar

150ml mixed seeds

1 & 1/2 cup digestive bran

1 sachet instant yeast granules

60 ml cooking oil

900ml – 1 litre warm water

Combine all dry ingredients together. Add oil and water. The dough is moist. Spoon into well greased large loaf tin. Cover and allow to rise for 20 minutes. Bake in a pre heated oven at 180•C for about 1 hour.

RECIPE and PHOTO: Tracey Dellar Gous