



Spelt Bread

Courtesy of Alpine Bakery Company

Ingredients:

3-2/3 cups Resurgent Grains Organic Spelt Flour

3/4 cup unbleached flour

2 tsp salt

2 tbs flax seed

1/4 cup honey

1/8 cup molasses

4 tsps SAF Instant Yeast

1-1/2 tbs shortening

1-1/2 cups warm water

Put warm water in mixer bowl and dissolve yeast for about 10 minutes. Add all remaining ingredients, using dough hook, mix until dough is smooth and elastic.

Cover bowl with a cloth and keep in a warm place until double in size.

Shape into loaf and place in a 9x5 greased loaf pan. Put loaf pan in warm place covered and let rise.

Bake @ 350 for about 30-35 minutes.