

Amaranth Nut Bread

Place: All the liquid ingredients in a Bosch bowl.

2 1/2 Cups water
5 Tablespoons oil
1/2 Cup honey
2 eggs
2 Teaspoons vanilla extract

Add: Half of the bread flour. And place all the other dry ingredient on top of the flour.

3 Teaspoons salt
1 1/2 Cups amaranth flour
6 2/3 Cups bread flour
1/2 Cup nonfat dry milk
4 Teaspoons yeast
1 1/2 Cups chopped walnuts

Knead: On speed 1 for Universal (speed 2 for Concept) for 15 seconds.

Add: Remaining flour until the side of bowl is clean.

Knead: For 5 minutes or until dough is stretchy.

Shape: Into loaves and place in a warm oven to rise for 30 minutes.

Turn: Oven to 375° and bake for 35 minutes.

Kitchen Resource

180 West 500 North North Salt Lake, UT 84054 801-383-1920 fax 801-383-1941