

## Old World 14 grain bread

**Add:** All ingredients except whole-wheat flour in Bosch mixing bowl and turn on speed 1 for Universal and speed 2 for Concept.

6 Cups warm water  
2 Cups nine grain cracked cereal  
1/2 Cup whole grain amaranth  
1/2 Cup whole grain quinoa  
1/2 Cup teff seeds  
2/3 Cup canola oil or applesauce  
2/3 Cup honey or fruitsweet  
3 Tablespoons dough enhancer  
3 Tablespoons instant yeast  
2 Tablespoons sea salt  
2 Cups spelt flour  
2 Cups kamut flour  
2 Cups bread flour  
Freshly ground whole wheat flour

**Add:** Enough freshly ground whole-wheat flour until the mixture cleans the sides of the bowl. Knead 8-10 minutes or until the gluten has developed.

**Form:** Into five loaves.

**Cover:** And let rise until double in size.

**Bake:** At 350° for 30-35 minutes.

# Kitchen Resource

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