

Quinoa bread

Place: All the liquid ingredients in Bosch bowl.

3 Cups water or milk
4 Tablespoons fruit juice concentrate
4 Tablespoons honey or maple syrup

Add: Half of the flour. Place all the other dry ingredients of top of the flour.

1 1/2 Teaspoons salt
2 Teaspoons baking soda
4 to 8 Tablespoons vital wheat gluten (Optional)
1/2 Cup sunflower seeds
1 Cup quinoa flour
8 Cups whole wheat flour
2 Tablespoons yeast

Knead: On speed 1 for 15 seconds.

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

Knead: For 5 minutes or until dough is stretchy.

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

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

Kitchen Resource

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