

## Seed Whole Wheat Bread

Makes 2 loaves

3 cups whole wheat flour, divided  
2 packages (¼ ounce each) active dry yeast  
2½ cups milk  
½ cup honey  
2 tablespoons vegetable oil  
1 tablespoon salt  
1 cup pumpkin or sunflower seeds, coarsely chopped

1. Combine 2 cups flour and yeast in large bowl. Combine milk, honey, oil and salt in medium bowl; stir to blend. Heat milk mixture in microwave on HIGH 2 minutes or until just warm.
2. Add milk mixture to flour mixture; beat at low speed with electric mixer 1 minute. Beat at high speed 3 minutes until soft dough forms. Stir in seeds and add enough remaining 1 cup flour to make soft dough. Knead on lightly floured surface 10 minutes. Place in greased bowl, turning once to coat top. Cover; let rise until doubled in size (about 2 hours).
3. Punch dough down; divide into 2 equal loaves. Place in 2 greased 8½X4-inch loaf pans. Cover; let rise until doubled in size (about 2½ hours).
4. Bake in 375°F oven 45 minutes. If crust browns too quickly, cover with foil. Remove to wire rack; let cool 10 minutes. Remove from pans; cool completely.

*Courtesy: Tasting Party of Bible Foods (October 11, 1978)  
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