

Protein Bread with flaxseed flour

Ingredients required for 8 persons

Preparation time 90 minutes

Difficulty medium

Ingredients

150 g	spelt flour
50 g	rye flour
50 g	flaxseed flour
180 ml	warm water
35 g	chia seeds
35 g	sunflower seeds
25 g	chopped walnuts
6 g	salt
4 g	dry yeast



Preparation

Mix all dry ingredients in a bowl and slowly add the warm water. Knead into a dough with the kneading hooks of the hand mixer or by hand until it no longer sticks to the edge of the bowl. Grease a loaf pan and pour in the dough. Cover with a damp cloth and let rest for 30 minutes.

Meanwhile, preheat the oven to 200 °C. Cover the baking pan with aluminium foil and bake for around 50 minutes. Remove the aluminium foil and allow the bread to cool, retrieve from the baking pan and enjoy the bread fresh from the oven.