

# Protein Bread with pumpkin seeds

Ingredients required for 6 persons

**Preparation time** 90 minutes

**Difficulty** medium

## Ingredients

150 g spelt flour  
65 g rye flour  
65 g pumpkin seed flour  
190 ml warm water  
50 g pumpkin seeds  
35 g chia seeds  
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.