



Honey Spelt Sunflower Bread

Ingredients

- 1 ¼ c. warm water
- 3 t. rapid rise yeast
- 2 T. honey
- 2 c. whole grain spelt flour
- 1 ¼ c. white spelt flour
- 2 T. vital wheat gluten flour
- 1 t. salt
- ½ c. raw sunflower seeds, chopped

Instructions

1. Stir yeast and honey in warm water and let rest a few minutes.
2. Add remaining ingredients and knead for a few minutes, adding more flour if needed.
3. Let rise until double (about 30 minutes).
4. Shape into 2 round loaves and place on parchment-lined tray. Let rise another 30 minutes. With a serrated knife, lightly score an "X" in the top of each loaf, to allow for expansion when baking.
5. Bake at 350° for 30 minutes.

Notes:

To make toasted cheese bread, take desired amount of **Vegan Cheddar Cheese** (cooking class #7) mash and add chopped tomatoes, olives and onions. Butter some **Honey Spelt Sunflower Bread** with vegan margarine and spread a layer of cheese mixture on top. Broil for a few minutes until bread is toasted and cheese begins to melt. Top with sliced avocados and **Vegan Parmesan Cheese** (cooking class #2) if desired, and enjoy!

Did You Know? Whfoods.com (*The World's Healthiest Foods*)

Sunflower seeds are an excellent source of vitamin E, the body's primary fat-soluble antioxidant. Vitamin E travels throughout the body neutralizing free radicals that would otherwise damage fat-containing structures and molecules, such as cell membranes, brain cells, and cholesterol. By protecting these cellular and molecular components, vitamin E has significant anti-inflammatory effects that result in the reduction of symptoms in asthma, osteoarthritis, and rheumatoid arthritis, conditions where free radicals and inflammation play a big role. Vitamin E has also been shown to reduce the risk of colon cancer, help decrease the severity and frequency of hot flashes in women going through menopause, and help reduce the development of diabetic complications.