

Multi-Grain Spelt Bread

Ingredients:

- 1 ¼ c. warm water
- 3 t. rapid rise yeast
- 2 T. honey
- 1 T. applesauce
- 1 t. salt
- 3 T. vital wheat gluten flour (Winco, bulk)
- ¼ c. 10-grain cereal, uncooked (Winco, bulk)
- 3 c. whole grain spelt flour (Winco, bulk)

Directions:

1. Mix water, yeast, honey and applesauce and let rest for 3-4 minutes.
2. Add all remaining ingredients and knead for 3-4 minutes.
3. Let rise till double. (About 30-45 minutes)
4. Punch down and form into 2 loaves.
5. Place on parchment-lined tray and let rise again. (About 30-45 minutes)
6. Bake at 350° for 30 minutes.

Did You Know?

<http://thespeltbakers.ca/what-is-spelt/>

- Spelt (*Triticum spelta*) is an ancient grain which should not be confused with common bread wheat (*Triticum sativum*), rye, barley or even oats. Spelt is a member of the same grain family but is an entirely different species.
- It is mentioned in the Old Testament and in various Roman texts.
- Spelt is by nature a whole-food. Unlike wheat, where vital nutritional bran and germ are usually removed during milling, the vital substances of spelt are found in the inner kernel of the grain.
- Due to spelt's high water solubility, the grain's vital substances can be absorbed quickly into the body. The nutrients are made available to the entire organism with a minimum of digestive work. The body cells are then nourished, strengthened, and prepared for their optimal performance while the body is flooded with vitamins and other nutritional substances.
- Spelt is rich in protein, and these proteins contain all of the nine essential amino acids needed by the human body. These amino acids are called "essential" because the body cannot manufacture them. If you don't eat them, you don't get them.