

Wheat Spelt Oat Bread

Ingredients:

- 1 c. warm water
- 2 ½ t. quick-rise yeast
- 2 T. honey
- 1 T. applesauce
- ¼ c. quick oats
- ¾ t. salt
- 2 c. whole wheat flour
- 1/2 c. whole grain spelt flour

Directions

1. Mix ingredients together in the order given. Stir with a large wooden spoon and then transfer to a floured surface and knead for 3-4 minutes.
2. Cover and let rise for 30 minutes. Shape into 2 balls. Cut an "X" in the top of the balls and let rise for 30 minutes.
3. Bake at 350° for 25-30 minutes. Brush tops with melted vegan margarine if desired.

Notes:

Quick-rise yeast is milled into fine particles that dissolve fast and activate quickly; therefore, it does not have to be proofed first.

To make garlic bread, cut thick slices of **Wheat Spelt Oat Bread**. Mix ¼ c. softened vegan margarine with 1 garlic clove, minced or finely grated, ½ t. garlic powder, 1 t. vegan parmesan and ¼ t. parsley flakes. Spread garlic butter on the thick slices and place on parchment-lined tray and broil until beginning to brown or wrap buttered slices as a loaf in foil and bake at 425° for 15 minutes until butter is melted and bread is warm.