



Creative Juices
Consulting

Whole Grain Mushroom Bread

- 1 T rapid rise yeast
- 1 C whole wheat bread flour
- 1 2/3 C white whole wheat flour
- 1/3 C Teff flour*
- 2 T wheat germ
- 2 T powdered shiitake mushrooms
- 1/2 C milk
- 1/2 to 3/4 C room temp water
- 1/4 C honey
- 1 T oil such as pecan, avocado, grapeseed (or butter)
- 1/4 tsp baking soda
- 1 tsp salt
- 1/3 C pumpkin or other seeds or chopped nuts

For bread machines add the ingredients in order given. I like to make dough in the bread machines dough only cycle. Punch the risen dough down and form it into a loaf. Place it in an oiled loaf pan. Cover it with a towel and let rise for 30 minutes or until it does not spring back when pressed with a finger. Bake in a 350° oven for about 40 minutes. It is done when it sounds hollow when thumped.

With out a bread machine: Combine dry ingredients in a large bowl. Combine wet ingredients in a medium bowl. Add the wet to the dry and mix well. Turn dough out onto a floured surface and knead until smooth and elastic. Place in oiled bowl and turn over to oil entire ball. Cover with a towel and let rise in a warm place until dough does not spring back when pressed with a finger. About an hour. Form into a loaf as above.

*Teff is a tiny Ethiopian grain, high in fiber, protein and iron. It is one of my favorite bread additives for its nutrition, taste and color. Any whole grain flour may be substituted for the Teff flour.