

# Whole-Grain Peasant Bread Wheat-ish Sandwich Loaf

Makes 1 loaf

## Ingredients:

2 1/2 cups bread flour  
1/2 cup whole wheat flour  
1/3 cup 7-grain (or 10-grain) cereal  
2 Tbs stone ground flax seed  
1 1/2 teaspoons instant yeast (I use SAF)  
1 1/2 teaspoons sugar (I use coconut sugar)  
1 1/2 teaspoons sea salt  
1 1/2 cups lukewarm water (between 90F-105F)



## Instructions:

1. In a large bowl, whisk together the flours, cereal, flax, yeast, sugar, and salt.
2. Add the lukewarm water.
3. Using a spatula, stir to combine until you have a sticky dough ball. Cover the bowl with a tea towel and place in a warm spot to rise until the dough doubles, about 2 hours (or longer depending on the temperature of your kitchen).
4. Pre-heat the oven to 385F.
5. Grease a 9×5-inch or 8.5×4.5-inch loaf pan with softened butter, or a baking spray (which is what I use).  
*NOTE: If using the 7-Grain Honey Topping, STOP here and follow the instructions below before continuing.*
6. Deflate the dough using two forks, turning it over on itself a few times. Transfer the dough to the prepared pan. Let rise until the dough crowns the rim of the pan, about 45 minutes to an hour.
7. Transfer the pan to the oven and immediately lower the oven temp to 375F.
8. Bake for 45 minutes.
9. Turn the dough out onto a cooling rack and let cool for 30 minutes before slicing.

## 7-Grain Honey Topping (optional)

- If using this topping, prepare it right before you deflate the dough.

- In a small or medium bowl, measure out another 1/3 cup 7-Grain Cereal. You can use a 10-grain with smaller cuts; I happen to like the larger grain.
- Warm 3 Tbs raw honey to a more liquid state; this only takes a few seconds in the microwave or set a smaller bowl inside a bowl of a boiling hot water for the same result.
- Immediately drizzle the warm honey over the cereal and mix together with a small rubber spatula or spoon. It will be sticky. Just scrape off and mix until it's well blended and all the cereal is coated.
- After you've deflated the dough and turned it over on itself, scoop the cereal and honey mixture over the dough and lightly coat using the two forks. Basically, you're going to turn the dough over and over on itself until the dough is coated with the honey mixture. It will seem like it's greasy or sticky, but that's okay. Don't overmix. The idea is to coat the dough, not knead it.
- Follow the rest of the recipe as normal, and allow to fully cool before slicing.

A few of my favorite brands are:

- Flours—I use Bob's Red Mill bread, wheat, and pastry flours. Any good quality flours will work.
- Flax Seed—Also Bob's Red Mill brand for this. I love their products!
- 7-Grain Cereal – I like Wheat Montana, but again, any good quality 7 or 10-grain cereal works.
- Yeast—I swear by SAF. It gives great results every time.
- Sugar—I also use Bob's Red Mill coconut sugar, though any good quality sugar will do.
- Honey – It's not always easy to get good, local honey where I live, so I started using Breitsamer Honig, which I picked up at a Home Goods one year and have bought it ever since.