



# Flaxseed Whole Wheat Bread

## INGREDIENTS

### **1 1/2 Pound Loaf**

1 1/8 cups water  
2 tablespoons canola oil  
3 tablespoons honey

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2 cups bread flour  
1 cup whole wheat flour  
1/4 cup nonfat dry milk  
2 tablespoons flaxseed  
1 tablespoon gluten  
1 teaspoon salt

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2 teaspoons SAF yeast or 2 1/2 teaspoons bread machine yeast

### **2 Pound Loaf**

1 1/2 cups water  
3 tablespoons canola oil  
1/4 cup honey

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2 2/3 cups bread flour  
1 1/3 cups whole wheat flour  
1/3 cup nonfat dry milk  
2 1/2 tablespoons flaxseed  
1 1/4 tablespoon gluten

1 1/2 teaspoons salt

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2 1/4 teaspoons SAF yeast or 2 3/4 teaspoons bread machine yeast

## DIRECTIONS

- Place all the ingredients in the pan according to the order in the manufacturer's instructions. Set crust on medium and program for the Basic or Whole Wheat cycle; press START. (This recipe may be made using the Delay Timer).

- When the baking cycle ends, immediately remove the bread from pan and place it on a rack. Let cool to room temperature before slicing.

*\* When I make the 2 Pound Loaf, I use 1 cup of milk, eliminating 1 cup of water and 1/3 nonfat dry milk. (1/3 cup nonfat dry milk reconstitutes to 1 cup milk)*

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