



Three Grain Bread

1 1/2 Pound Loaf

INGREDIENTS

1 1/8 cups fat-free milk
2 tablespoons sunflower seed oil or light olive oil
2 tablespoons molasses

1 3/4 cups bread flour
1 cup whole wheat flour
1/4 cup dark rye flour
2 tablespoons yellow cornmeal or polenta
1 tablespoon plus 1 teaspoon gluten
1 teaspoon salt

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

2 Pound Loaf

INGREDIENTS

1 1/2 cups fat free milk
3 tablespoons sunflower seed oil or light olive oil
3 tablespoons molasses

2 1/4 cups bread flour
1 1/4 cup whole wheat flour

1/3 cup dark rye flour
3 tablespoons yellow cornmeal or polenta
1 tablespoon plus 2 teaspoons gluten
1 1/2 teaspoon salt

2 1/2 teaspoons SAF yeast or 1 tablespoons 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 Whole Wheat cycle; press START. (This recipe is not suitable for use with 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.

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