



## **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

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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

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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

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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

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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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