

# Spelt Loaf Bread With Seeds - Baking Bread As A Form Of Therapy

## Ingredients:

Difficulty: Easy

(makes 1 loaf, I used a 240x80x55mm baking mould)

5 dl (or 2 cups or 500 gr.) very warm water (not boiling hot)

2.5 tsp active dry yeast

4 dl + 1 tbsp (or 1 1/2 cups + 3 tbsp or 250 gr.) wholegrain spelt flour (in Finnish: täysjyvä spelttijauho)

4 dl + 1 tbsp (or 1 1/2 cups + 3 tbsp or 250 gr.) all-purpose flour

1 tsp salt

1/2 dl (or 3 tbsp + 1 tsp or 35 gr.) pumpkin seeds

1/2 dl (or 3 tbsp + 1 tsp or 35 gr.) flax seeds

1/2 dl (or 3 tbsp + 1 tsp or 35 gr.) sunflower seeds

1/2 dl (or 3 tbsp + 1 tsp or 35 gr.) hemp seeds

1 tbsp apple cider vinegar

4 tbsp rolled oats

vegetable oil to grease the mould

## Instructions:

1. In a large bowl, put warm water and yeast. Give the yeast a quick stir and then leave it to activate for 10 minutes.

2. While waiting for the yeast to activate, in another bowl, mix all the ingredients in the list above from spelt flour to hemp seeds.

3. When the yeast is active and the water mixture is foamy, add dry ingredients mixture to the water and whisk well.

4. Add apple cider vinegar and give it a final good whisk.

5. Preheat the oven to 200C. Also grease your baking mould. Transfer the dough into the baking mould and very loosely cover with a stretch film (sorry, no photos of this stage!!). Keep the dough in a warm place.

6. After 30 minutes, when the oven is warm and your bread has risen a little, spread some rolled oats on the bread and put in the oven, in medium part. Bake for 45-50 minutes, or until a toothpick inserted in the middle comes out clean. Also there should be a hollow sound when you tap the bread. Let the bread cool down inside the mould for about 10 minutes after baking, then take it out of the mould and cool it completely on a wire rack. Enjoy!