Flax Sunflower Seed Bread

Time about 2 1/2 hours

Ingredients

- 1 1/3 cups 110 deg water
- 2 tbsp melted butter
- 3 tbsp honey
- 1 1/2 bread flour
- 1 1/3 whole wheat flour
- 1 tsp salt
- 1 tsp yeast
- 1/2 cup flax seed, ground or whole
- 1/2 cup sunflower seeds
- 1 tbsp oats

Steps

1. Activate yeast with 1 1/3 cups 110 deg water.
2. Add 3 tbsp honey, 2 tbsp melted butter, 1 tsp salt, and 1/2 sunflower seeds.
3. Add flour to make a dough, knead.
4. Rise at least 1 hour.
5. Punch down, divide in two, and rise again ~1/2 hr.
6. Sprinkle oats on top.
7. Bake at 375 for 30 mins.

Notes

You can mix some oats into the bread itself as well as sprinkling some on top for a heartier loaf.