



High Protein Bread with Mac Nut oil
Use organic ingredients if possible
Makes 2 loaves

Mix 2 x 2 1/4t packets (standard packet size) of yeast with warm water

blend 2 ¼ C water with
1 C vital wheat gluten
2 T organic cane sugar
1/2 C mac nuts

Add to the yeast water mix and stir

Gather in mixing bowl
2.5 C wheat flour
4 C all-purpose flour
1/2 C hemp seeds
1 C oats
1/4 C chia seeds
1/2 C mac nuts
1.5 T salt
1/4 C Maiden Hawaii Naturals Macadamia Nut oil

-Knead by hand or in bread mixer with hook for 10 minutes, add additional water or flour if necessary.
-Oil the dough ball and cover and let rise in bowl for 1 hour somewhere warm or until doubled
- Cut dough into 2 equal pieces and roll so the seam disappears
- Flatten into well-oiled bread pans and let rise again somewhere warm until doubled
Bake at 300 for 35-40 minutes with convection fan on. If you don't have a convection oven, they might require an additional 10-15 minutes.