



Home made whole grain bread

Home made whole grain bread is one of my favourite bread recipes. It's easy to prepare and full of flavour and moisture. By baking your own bread, you are also ensuring that you have a healthy loaf, free of preservatives.

Ingredients:

Make 1 large loaf

300g very strong bread-making stoneground or wholemeal flour	1½ tsp salt
200g granary flour	1 tbsp sesame seed oil
1 tsp yeast	360ml water

To bake in the bread maker:

Simply place all ingredients in the following order into the bread maker pan - make sure the blade is secured at the bottom before adding the ingredients.

1. Add yeast
2. Add flour
3. Add salt
4. Add sesame seed oil
5. Add water

In my bread maker, which is a [Panasonic SD-2051](#), I use programme 4 which bakes the bread for 5 hours.

If you choose to do a rapid version, add an extra ½ tsp of yeast. The rapid bake will take 3 hours. On my bread maker, the rapid bake option is programme 3.