

Whole Wheat Honey, Dried Fruits, and Seed Bread

This simple and easy recipe is for use in the **Zojirushi BB-CEC20 Home Bakery**. See [QuantumAlchemist369.com Vibrant Health](https://www.quantumalchemist369.com/vibrant-health) page to purchase this bread maker. Here at QuantumAlchemist369, we've used the **Zojirushi BB-CEC20** for many years, always with excellent results.

Ingredients:

- 1-3/4 cups water
- 2-2/3 cups whole wheat flour
- 2 cups bread flour
- 1 Tbsp. light brown sugar
- 1 Tbsp. honey
- 2 Tbsp. dry milk
- 2 tsp. salt
- 2 Tbsp. butter
- 2 tsp. active dry yeast (or 3 tsp. rapid rise yeast)
- 1 Tbsp. dried rosemary
- 1 1/2 cups chopped dried cranberries, dates, figs, or a combination
- 1/4 cup whole milk, probiotic yogurt
- 2 Tbsp, ground flaxseed
- 2 Tbsp, chia seeds



Metric equivalents for these ingredients are provided on page 3.

Instructions:

1. Measure and add the ingredients into the bread machine pan. Add the wet ingredients first and then the dry ingredients with the yeast on top. Make a well in the dry ingredients and add the yeast into the well. Do not add dried fruit at this time. The machine will signal when it is time to add the dried fruits.
2. Securely place the pan in the machine, Select the Whole Wheat Setting and push the Start button. The machine will proceed to warm the ingredients and then mix.
3. Add the Dried Fruits, when the dough machine signals/beeps add the chopped dried fruits to the dough. This ensures even distribution. At the same time, use a soft scraper to remove dough adhered to the pan wall.
4. Allow the Machine to Finish: Let the bread machine complete the baking cycle. The machine will signal/beep when the bread is ready. The machine will keep the bread warm until turned off.
5. Cool and Enjoy: Careful, pan is hot! Remove the bread from the machine and let it cool in the pan for a few minutes before transferring it to a wire rack to cool completely. Once cooled, slice and enjoy!

Description of Nutrients and Health Benefits:

- Whole Wheat Flour: Provides fiber, essential B vitamins, and minerals. It's a good source of complex carbohydrates and can help with digestion and maintaining steady energy levels.
- Honey: Adds natural sweetness and contains antioxidants, enzymes, and vitamins. Honey may have antibacterial properties and can soothe a sore throat.
- Dry Milk: Offers protein, calcium, and vitamin D. It contributes to the bread's structure and adds creaminess.
- Butter: Provides flavor and fat for a soft texture. You can use unsalted butter for a healthier option.
- Flaxseed: Rich in omega-3 fatty acids, fiber, and lignans. Flaxseed promotes heart health, aids in digestion, and may have anti-inflammatory properties.
- Chia Seeds: Packed with fiber, protein, omega-3s, and antioxidants. Chia seeds help with satiety, digestive health, and may support heart health.
- Dried Fruits (Cranberries, Dates, Figs): These fruits provide natural sweetness, fiber, vitamins, and minerals. They are also a source of antioxidants.
- Rosemary: Adds flavor and may have health benefits, including improved digestion and antioxidant properties.
- Yogurt: Offers probiotics for gut health, calcium, and protein. It enhances the bread's moisture and flavor.

Serve Suggestions:

- Enjoy a slice of this wholesome bread with a spread of almond butter or cream cheese for a delicious and nutritious breakfast.
- Serve as a side with a warm bowl of soup or a salad.
- Toast and top with avocado and a sprinkle of sea salt for a nutritious snack.

This bread is rich in fiber, vitamins, minerals, and healthy fats, making it a nutritious addition to your diet. The dried fruits add natural sweetness, while the seeds provide an extra dose of nutrients and texture.

Metric equivalents for each ingredient:

- 415 ml water
- 390 grams whole wheat flour
- 250 grams bread flour
- 15 ml light brown sugar
- 15 ml honey
- 30 grams dry milk
- 10 grams salt
- 30 grams butter
- 10 grams active dry yeast (or 15 grams rapid rise yeast)
- 15 grams dried rosemary
- 225 grams chopped dried cranberries, dates, figs, or a combination
- 60 ml whole milk, probiotic yogurt
- 30 grams ground flaxseed
- 30 grams chia seeds

These metric measurements should help you accurately prepare the recipe using the specified ingredients.