

# Mark's Cracked Wheat Bread (Breadmaker)

*Made with Panasonic Breadmaker*

Cook time: 5 hrs.

Yield: 1 loaf

Calories per serving: 335



## **Ingredients:**

18 2/3 ounces whole wheat flour (4 3/4 Cups)

1/4 cup 10 grain cereal

1/4 cup millet

1/4 cup raw sunflower seed

2 tablespoons gluten flour

2 tablespoons flax seed meal

3 tablespoons sugar

2 tablespoons olive oil

2 teaspoons salt

1 teaspoon caraway seed

15 ounces water 1-7/8 Cups

2 teaspoons yeast

## **Directions:**

Add all the dry ingredients to bread pan. Then add the water and close lid

Add the yeast in the yeast dispenser.

Program machine to bake a multigrain bread loaf. (5 hours).