



Flax Fiber Bread

2 $\frac{1}{2}$ tsp. yeast (fast rising)
1 tsp. white sugar
 $\frac{1}{2}$ cup lukewarm water
1 cup scalded milk
3 tbsp. white sugar
1 tsp. salt
 $\frac{1}{2}$ cup cold water
4 tbsp. oil
1 egg
2 cups Natunola® health's delight
Shelled Flax Meal
3 cups white flour



Dissolve yeast with 1 tsp. sugar in $\frac{1}{2}$ cup lukewarm water. Let sit in a small bowl for 10 minutes, then stir well after it rises.

Scald milk. Place milk in a large bowl and stir in 3 tbsp. sugar and the salt. Add cold water and cool to lukewarm. Add oil, egg, yeast mixture, Natunola® health's delight Shelled Flax Meal and flour. Beat with a rotary mixer until smooth. Add a little flour if needed to make a soft dough (dough should leave the side of the bowl). Remove from bowl and knead for 5 - 10 minutes (dough will become smooth with an elastic consistency - no longer sticky).

Place dough in a lightly greased bowl and grease the top of the dough. Cover bowl with a tea towel and let rise in a warm, draft free place (75° - 85°F) until dough doubles in size (1 - 1 $\frac{1}{2}$ hours). Punch down. Turn onto board and divide dough into 2 equal parts. Round each portion. Cover and let sit 10 minutes. Shape and place into 2 loaf pans. Butter the tops of the loaves. Bake at 400°F for 35 - 40 minutes. Remove from pans and let cool.

Note: for a lighter bread, use 4 cups of whole-wheat flour and 1 cup of Natunola® health's delight Shelled Flax Meal. Makes 2 Loaves.

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