Renate's High Fiber Omega 3 Bread

Makes 2 Loafs of Bread

1 Cup Organic Rye Flour
5 Cups Organic Unbleached All-Purpose Flour
2 teaspoon Salt
3 Tablespoons Gluten ***(Leave out if Allergic or have Celiac Disease)***
¼ cup Barley Flour
¼ cup Oat Flour
¼ cup Oat Bran
¼ cup Wheat Germ
¼ cup Wheat Bran
¼ cup ground Flax Seeds (Ground)
¼ cup Amaranth Ground

Mix all these ingredients above together.

1 Tablespoon Sugar
2 ¼ teaspoon Yeast
⅓ cup warm Water

Stir the above together and let stand till doubled in size
Approximately 10 minutes or so

6 Tablespoon cold Unsalted Butter cut in smaller pieces.
2 ¼ cup Cold Water

Add the 6 Tablespoons of Unsalted Butter cut up (into 8 pieces about) into flour mixture & grain mixture; mixing it on medium speed.
Now add the 2 ¼ cup cold Water to your yeast mixture stir well and then pour slowly to your dry ingredients while mixer is running on medium speed.
Once it forms a ball mix for about 15 minutes longer. Dough should not be sticking to side of Bowls. Should it stick just add a Tablespoon at a time till it is not sticking.

Take out dough and lightly dust with some Flour, return to bowl and cover with Cloth or Saran Wrap.
Let sit for 2 hours. After that punch down, divide and have 2 greased Bread Forms ready to add and brush the tops with a little oil.
Let rise again for 45 minutes.
Preheat Oven to 375° F and bake for 40 minutes. Take out of oven and turn out on rack to cool. Slice once cooled.

It is necessary that your mixer is 1000 Watts, if not you have to do this by hand and knead like my daughter.

The Benefits of the Grains in this Recipe:

Flaxseeds: high omega-3 fatty acid, Lignans and soluble and insoluble fiber, Cardiovascular Benefits, Antioxidant and Anti-Inflammatory Benefits, Cancer Prevention, Digestive Health, Flaxseeds and Post-Menopausal Symptoms, decreased risk of insulin resistance.

Rye Flour: Rye's Fiber Promotes Weight Loss, Helps Prevent Gallstones, Rye and Other Whole Grains Substantially Lower Type 2 Diabetes Risk, A Better Grain Choice for Personswith Diabetes, Fiber Fights Diabetes and Cardiovascular Disease and Promotes Gastrointestinal Health, Significant Cardiovascular Benefits for Postmenopausal Women, Prevent Heart Failure with a Whole Grains Breakfast, Anti-Cancer Activity Equal to or Even Higher than that of Vegetables and Fruits, Lignans Protect against Heart Disease, Rye Can Ease Your Ride Through Menopause While Helping Prevent Breast Cancer, Fiber from Whole Grains and Fruit are Protective against Breast Cancer.

Gluten: Gluten, one of the proteins found in barley, wheat and rye, is known to be harmful for those with celiac disease but is beneficial to all other folks.

A Link to YouTube on Gluten: https://youtu.be/ttCS7r8sleI - and here is a link what folks do with the Gluten that don't eat meat: https://youtu.be/G5JEkLM055g

Organic Unbleached All Purpose Flour: Technically, all flours are bleached, but it's the process by which it happens that sets these two types of flour apart. Bleached flour is treated with chemical agents to speed up aging, while unbleached flour is bleached naturally as it ages. This affects not only the color and grain of each type of flour but the end result of baked goods.

Unbleached flour is flour that has aged naturally after being milled. It has an off-white color, which continues to dull as it ages, and a more dense grain than bleached flour. Just because this type of flour hasn't been bleached doesn't necessarily mean it hasn't been treated with other chemicals. All brands are different, so it's important to read the label to know what you're buying.

Unbleached flour also takes longer than bleached flour to produce, and because of this, it's usually more expensive.

Having a denser texture, unbleached flour provides more structure in baked goods, which makes it an ideal base for things like yeast breads, cream puffs, eclairs, and pastries.

Barley Flour: Barley's Fiber for Regularity, Lower Cholesterol, & Intestinal Protection, Additional Protection against Atherosclerosis, Significant Cardiovascular Benefits for Postmenopausal Women, Prevent Heart Failure with a Whole Grains Breakfast, Barley and Other Whole Grains Substantially Lower Risk of Type 2 Diabetes, A Better Breakfast Choice for Persons with Type 2 Diabetes, Cereal and Fruit Fiber Protective against Postmenopausal Breast Cancer, Barley Can Help Prevent Gallstones, Whole Grains and Fish Highly Protective against Childhood Asthma, Promote Optimal Health with Barley's Fiber and Selenium, Lignans Protect against Cancers and Heart Disease, Fiber from Whole Grains and Fruit Protective against Breast Cancer

Oats, Oat Bran & Oat Flour: Lower Cholesterol Levels, Unique Oat Antioxidants Reduce Risk of Cardiovascular Disease, Prevent Heart Failure with a Whole Grains Breakfast, Significant Cardiovascular Benefits for Postmenopausal Women, Enhance Immune Response to Infection, and Stabilize Blood Sugar, Oats and Other Whole Grains Substantially Lower Type 2 Diabetes Risk, Fiber from Whole Grains and Fruit Protective against Breast Cancer

Whole Wheat and Wheat Germ: Women Who Eat Whole Grains Weigh Less, Whole Grains Reduce Risk of Metabolic Syndrome, Whole Grains Substantially Lower Type 2 Diabetes Risk, Whole Wheat's Betaine Lessens Chronic Inflammation, Whole Grains Help Prevent Gallstones, Whole Wheat Gets You Going, Whole Wheat Promotes Women's Health and Gastrointestinal Health, Fiber from Whole Grains and Fruit Protective against Breast Cancer, A "Germ" that Promotes Health,

Below a Link about the Benefits of Amaranth

or type it into your Browser
https://www.organicfacts.net/health-benefits/cereal/amaranth-grain.html

If possible buy the organic grains and if not possible get the regular kind. You can find all these ingredients at Amazon Online.

This recipe was one of my experiments with foods that I occasionally do. I also have a YouTube video for visual just make sure to add all the ingredients listed here because all of the ingredients might not show on the video. I will make a new video soon. Here goes:
https://youtu.be/Z4--X2O9JQI

Enjoy, your friend Renate.