



Seed Bread



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Introduction

Homemade bread is not only a delicious treat but also a rewarding experience. This recipe for seed bread combines various seeds for a hearty and nutritious loaf. With its nutty flavor and crunchy texture, this bread is perfect for sandwiches or simply enjoyed with a drizzle of olive oil.

Detailed Ingredients with measures

Flour - 500g
Water - 300ml
Yeast - 7g
Salt - 10g
Sunflower seeds - 50g
Pumpkin seeds - 50g
Flaxseeds - 50g
Chia seeds - 50g
Honey - 1 tablespoon

Prep Time

Preparation time for this seed bread is approximately 30 minutes.

Cook Time, Total Time, Yield

Cook time is around 40 minutes. The total time for the entire process is about 1 hour and 10 minutes. This recipe yields one delicious loaf of

bread.



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Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Gather all necessary ingredients for the bread, including various seeds, flour, water, yeast, and salt.

Step 2: Mix Dry Ingredients

In a large bowl, combine all dry ingredients, including flour, sunflower seeds, flaxseeds, and salt.

Step 3: Activate Yeast

In a separate bowl, dissolve yeast in warm water. Let it sit for a few minutes until it becomes frothy.

Step 4: Combine Mixtures

Pour the activated yeast mixture into the dry ingredients. Mix until a dough starts to form.

Step 5: Knead the Dough

Transfer the dough onto a floured surface and knead for about 10 minutes until it becomes smooth and elastic.

Step 6: First Rise

Place the dough in a greased bowl, cover it with a damp cloth, and let it rise in a warm place for about 1-2 hours, or until it has doubled in size.

See also [Layered Red Velvet Cheesecake Bundt Cake](#)

Step 7: Shape the Dough

After the first rise, punch down the dough to release the air. Shape it into a loaf or divide it for rolls.

Step 8: Second Rise

Place the shaped dough in a greased loaf pan or on a baking sheet. Cover and let rise for another 30-60 minutes.

Step 9: Preheat Oven

While the dough is rising, preheat the oven to 220°C (428°F).

Step 10: Bake the Bread

Once the dough has risen, place it in the preheated oven. Bake for about 25-30 minutes, or until golden brown.

Step 11: Cool the Bread

After baking, remove the bread from the oven and let it cool on a wire rack before slicing.

Notes

Note 1: Seed Variations

Feel free to use different combinations of seeds according to your preference.

Note 2: Yeast Activation

Ensure that the water is not too hot when activating the yeast to avoid

killing it.

Note 3: Storage

Store the bread in a cool, dry place, and it can also be frozen for longer preservation.

Note 4: Serving Suggestions

This bread pairs well with various spreads, cheeses, and can be used for sandwiches.



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Cook techniques

Mixing Ingredients

Carefully combine all dry ingredients in a bowl before adding wet components to ensure even distribution.

Kneading

Knead the dough until it becomes smooth and elastic; this process develops gluten and improves the bread's texture.

Proofing

Allow the dough to rise in a warm environment until it doubles in size, which typically takes about 1-2 hours.

Baking

Preheat the oven and bake the bread until golden brown on top, ensuring it cooks through without burning.

See also [Taco Casserole with Doritos](#)

Cooling

Let the bread cool on a wire rack to prevent a soggy crust; this step is crucial for the best texture.

FAQ

What types of seeds can I use in the bread?

You can use a variety of seeds such as sunflower, pumpkin, flax, or

sesame for added flavor and texture.

How can I tell if the bread is fully baked?

Tap the bottom of the loaf; a hollow sound indicates that it is fully cooked.

Can I substitute any of the ingredients?

Yes, you can substitute flour types and seeds based on your preference, but keep in mind that this may alter the texture and flavor.

How should I store the bread?

Store the bread in a cool, dry place in an airtight container to maintain its freshness.

Can I freeze the bread?

Yes, bread can be frozen for up to three months. Make sure to wrap it well to prevent freezer burn.



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Conclusion

The seed bread recipe is a delightful way to introduce a variety of nutritious seeds into your diet, offering a crunchy texture and rich flavor. This homemade bread can be enjoyed in numerous ways, making it not only a healthy option but also a versatile addition to your meal plans.

More recipes suggestions and combination

Seed Bread with Avocado

Spread ripe avocado on a slice of seed bread for a nutritious breakfast or snack. Add a sprinkle of salt and pepper for extra flavor.

Seed Bread Sandwich

Create a hearty sandwich using seed bread, your choice of protein such as turkey or hummus, and packed with fresh veggies like spinach, tomato, and cucumber.

See also Cheesy Broccoli Chicken Casserole

Seed Bread Toast with Nut Butter

Top a slice of seed bread with almond or peanut butter, and add banana slices for a deliciously filling snack or breakfast option.

Seed Bread with Hummus and Vegetables

Spread hummus generously on toasted seed bread and layer with sliced bell peppers, carrots, and cucumbers for a refreshing open-faced sandwich.

Seed Bread Croutons

Cut seed bread into cubes and toast them in the oven to create crunchy croutons. Use them to add texture and flavor to your salads or soups.

Seed Bread French Toast

Dip slices of seed bread in an egg mixture and cook on a skillet for a nutritious twist on classic French toast. Serve with fresh berries and a drizzle of maple syrup.



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