


## ***High Fiber Omega 3 Bread #2***

### **Makes 2 Loafs of Bread**

1 Cup Organic Rye Flour  
1 Cup Spelt Flour  
4 Cups Organic Unbleached All-Purpose Flour  
¼ cup Barley Flour  
¼ cup Oat Flour  
¼ cup Quinoa Flour  
2 teaspoon Salt  
3 Tablespoons Gluten (*Leave out if Allergic or have Celiac Disease*)  
¼ cup Oat Bran  
¼ cup Wheat Germ  
¼ cup Wheat Bran  
¼ cup ground Flax Seeds (Grind) you might find it on Amazon 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 dry ingredients mixing it on medium speed.

Then add the ***2 ¼ cup cold Water to your risen yeast mixture*** stir well and pouring slowly add it to your dry ingredients while mixer is running on medium speed.

Once it forms a ball mix for about 8 to 10 minutes longer. Dough should not be sticking to side of Bowls. Should it stick just add a Tablespoon of Flour 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 rise for 1:45 hours. After that punch down, divide and have 2 greased Bread Forms ready to insert the dough.

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.

## 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

[Flax Seeds-Get here](#)

**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 Persons with 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 Protective against Breast Cancer [Rye Flour - Get here](#)

**Gluten:** Gluten, one of the proteins found in barley, wheat, and rye, is known to be harmful for those with celiac disease but great nutrients for regular folks.

[Gluten-Get here](#)

### **Organic Unbleached All-Purpose Flour:**

The good thing about this type of flour is that it is milled from grains that are chemical-free or have not been exposed to synthetic pesticides. As a result, organic flour has more nutrients and is a lot healthier for all consumers. One of the known benefits of organic flour is that it is a **good source of protein**.

**Surprising Benefits of Spelt** 1. Facilitates Digestion - 2. Controls Cholesterol Levels  
3. Improves Blood Circulation - 4. Regulates Hormones - 5. Boosts Bone Health  
6. Boosts Immunity - 7. Controls Diabetes

[Spelt Flour - Get here](#)

*Buy as much Organic if you can – if not buy regular*

**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 [Barley Flour - Get here](#)

**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 [Oat Flour - Get here](#)  
[Oat Bran – Get here](#)

**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, [Wheat Germ & Wheat Bran - Get here](#)

### **Quinoa Flour:**

Quinoa is a health-promoting gluten-free seed that uniquely contains all 9 essential amino acids that must be obtained through the diet are required for health. One cup of cooked quinoa contains about 8 grams of protein and moderate amounts of healthy omega-3 fats, which are important for brain and heart health. Quinoa is also rich in several vitamins and minerals, including potassium and magnesium. Potassium rich diets can have a positive effect on blood pressure and potentially lower the risk of heart disease. Insufficient intake of these minerals is common, and they are necessary for the body to function normally. According to US government surveys, only 50% of Americans consume the daily recommended values for magnesium. Quinoa is a nutritious food that fits nicely into a healthy diet and can replace rice as a more nutrient rich option. [Quinoa Flour - Get here](#)

Bread was invented by Renate! Love to play with different ingredients. <http://www.renatesrecipes.com>