

## Cleanse Seduction Bread

### Ingredients:

- ½ cup lukewarm water (95° to 105° F)
- 2 ½ teaspoons active dry yeast (1 packet) (I used one teaspoon by accident and the bread was just super dense and delicious)
- ¼ cup mild-flavored honey (such as wildflower or mesquite) (I used local organic honey)
- 2 ¾ cups organic bread flour
- 1 cup organic whole wheat flour
- ½ cup organic bulgur
- 1 ½ teaspoon salt
- ¼ cup sunflower oil (or grapeseed oil)
- 1 cup cool water
- 1 cup organic raw sunflower seeds
- ½ cup organic hulled millet
- 3 Tablespoons poppy seeds
- 3 Tablespoons organic Chia seeds
- ¾ cup organic raw pumpkin seeds



### Process:

1. Pour ½ cup lukewarm water into a 2-cup measuring cup and mix in the honey. When honey is well mixed add the yeast and let it sit for 10 minutes
2. Put flours, bulgur, and salt in your stand mixer with the paddle attachment and mix a few times to combine. Same process if by hand.
3. Add the sunflower seeds, pumpkin seeds, millet, chia seeds, poppy seeds and mix in thoroughly.
4. Pour the oil and cool water into the yeast mixture. While the mixer is running, add in a slow and steady stream. Let it run until the dough stops sticking to the outside walls and forms a ball: add 1 to 2 tsp of water if it's not sticky enough to form the ball; or add the same of flour if it looks too wet. Let the mixer run for another minute to knead the dough.
5. This part is optional: add 1/4 cup of Psyllium Husk Powder.
6. Remove the dough to a greased bowl and flip it around so all sides of the dough get greased. Cover the bowl with a damp towel and let it rise in a warm spot for 2 hours. If you only use 1 tsp of yeast, it will not rise nearly as much but it is okay.
7. Divide the dough into two and form each into a tight oval shape.
8. Put loaves on baking sheet. Cover with dish towel and let sit for another 45 minutes.
9. Preheat oven to 375° F.
10. Bake the loaves on the center rack for 30-35 minutes until golden and sound hollow when tapped on. Butter up and enjoy!