

## Buckwheat Bread.....Flavor Alternatives

### SEEDS - NUTS, GARLIC - ONION, SUN-DRIED TOMATOES, RAISINS

Basically, you can add any of the following to the raw bread dough to create a variety of unique flavors and textures:

Nuts and seeds add protein, crunch, and fiber to your loaf of buckwheat bread which is very satisfying when you chew, if you like that texture. Seeded bread is one of my favorites.

When the basic wet and dry ingredients are mixed for 5 minutes, add: to the bread dough after it is mixed: (in any combination)

1 to 1 ½ cups of nuts or seeds, or

1 cup of dried herbs, or

1/2 cup fresh herbs, or

1/4 cup of chopped sautéed garlic, and/or 1/2 cup cooked diced onions, or

1/2 cup sun dried tomatoes, or

1 cup raisins + 2 teaspoons cinnamon

Put it all in a medium sized loaf pan (8.5" x 4.5"). Move the dough around until you make a slight hill down the center and sprinkle with more ingredients. Let it rise until double in size, about 30 minutes.

Bake for the usual 35 minutes at 350°.

Cool for an hour before slicing.

Because the balance of wet to dry ingredients in the bread mix is important to maintain, it is not advisable to add foods that would upset this balance. For instance, it is not a good idea to add mashed banana, or any fresh fruit to the dough.



