

AGROPHILIA

Homemade Sunflower Seed Bread



Delicious, golden brown loaf of homemade sunflower seed bread is soft and fluffy on the inside, and crispy on the outside. There are not too many things better than the smell and taste of freshly baked bread enjoyed in the comfort of your own home!

- Prep Time: 20 minutes + 1 hour wait time
- Cook Time: 1 hour
- Total Time: 50 minute

Ingredients

- 1 Loaf
- 1 tablespoon active dry yeast
- 3/4 cup warm water (not hot)
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3 tablespoons sunflower oil, divided
- 1 cup plain, all-purpose flour + some more for dusting
- 3/4 cup wholemeal spelt flour
- 1/2 cup sunflower seeds

Instructions

- Preheat the oven to 375°F.
- In a large bowl, dissolve yeast in warm water. Add sugar, salt, 2 tablespoons sunflower oil, all-purpose flour, and wholemeal spelt flour. Bring it all together to make a soft dough – you can use your hands or a wooden spoon.
- Transfer the dough onto a lightly floured surface. Knead, dusting with flour as needed. Knead for around 10 minutes, until smooth and elastic (be patient and use the full 10 minutes as this will pay off with light, airy bread!).
- Once kneaded, place dough in a bowl, cover with a cloth and let it rise in a warm place until doubled, about 30 minutes. Ideally, you want the temperature to be slightly above room temperature (at least 75-80°F (24-26°C)).
- Add sunflower seeds (reserving 1 tablespoon for crust) to the dough and knead it in.
- Push the dough firmly into a 5x9-inch loaf pan, pushing out air. Cover and let it rise again, about 30 minutes.

- Drizzle the top with the remaining tablespoon of sunflower oil and remaining tablespoon of sunflower seeds. Bake for 60 mins, until well risen and golden.

Nutrition Facts	
Serving Size: <input type="text" value="1"/> slice (45g)	
Amount Per Serving	
Calories 121	Calories from Fat 35
% Daily Value*	
Total Fat 3.9g	6%
Saturated Fat 0.4g	2%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 423mg	18%
Potassium 102mg	3%
Total Carbohydrates 18g	6%
Dietary Fiber 1.8g	7%
Sugars 0.3g	
Protein 3.8g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	7%
* Percent Daily Values are based on a 2000 calorie diet.	