



Ingredients

| | |
|--------|-------------|
| 600 g | flour |
| 100 g | spelt flour |
| 40 g | FiberHUSK® |
| 25 g | sugar |
| 10 g | salt |
| 50 g | fresh yeast |
| 1 | egg |
| 50 ml | oil |
| 450 ml | water |

Coating: Sesame seeds, poppy seeds or oatmeal

Fibre Rich Sandwich Bread 2 pcs

Mix water, yeast, egg and oil in a bowl and stir well. Add the remaining ingredients and knead until the dough is smooth.

Cover with a tea towel and leave to rise in a warm place for 20 minutes.

Divide the dough into two pieces and shape as loafs. Place the loafs in a greased loaf tin and place on a baking sheet. You can also place the loafs on a baking sheet, covered in poppy seeds, sesame seeds, oatmeal etc.

Cover the loafs again with a tea towel and leave to rise in a warm and moist place for 50 minutes.

Bake in a preheated oven at 220°C for 30 minutes until golden brown.

The longer you bake the bread the more crisp it becomes. Leave the bread to cool on a wire rack to keep it crisp underneath.

Tip

When placing the bread in the oven throw ½ a cup of water onto the oven floor just before closing the oven door. This gives the bread more volume and a more shiny surface.

For variation you can add 75 g seeds like sunflower seed, pumpkin seeds or linseed.