

## Maureen's Nutty Wheat Bread

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One from Carol's friend, Maureen, who hails from South Africa originally. The South African main ingredient was "Nutty Wheat" which I suspect is not available over here; apparently 4/5ths flour and 1/5th wheat bran is an equivalent. Apologies for the horrendous American cup measures.

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### Planning

serves:	n/a
prep time:	1 hr
cooking time:	1 hr

### Ingredients

4 cups Nutty Wheat  
1 cup oats  
½ cup sunflower seeds  
1 tbs oil  
2 tsp salt  
1 tbs honey  
2½ cups warm water  
3 tbs dried yeast  
Poppy seeds to sprinkle

### Method

In a bowl, mix together 1 cup warm water with the honey. Sprinkle the yeast on top and place it in a warm place for 10 minutes until it's fluffy.

In another bowl, mix together the nutty wheat, oats, sunflower seeds, oil and salt. Mix in the now active yeast mixture together with the remaining water (1½ cups).

Place the dough in a greased loaf tin and sprinkle the top with poppy seeds. Leave this in a warm place to rise - about an hour or until doubled in size.

Heat the oven to 200°C (180°C fan)/gas 6 and bake the loaf for an hour.