



Rustic Sprouted Bread

I am not a big bread fan, was never, even when I was growing up. You know the person who would not mind having a sandwich for breakfast, lunch and another for dinner. However, there are times when I do want bread and the only option I choose is homemade bread, my own ☐ This bread is delicious, a little time consuming but it is worth every second.

Ingredients

2 tablespoons [date sugar](#)

3 cups [sprouted wheat flour](#)

2 tablespoons olive oil

1 egg

2 teaspoons instant yeast

1/4 teaspoon sea salt

2 tablespoons [ground flaxseed](#)

2 tablespoons [chia seeds](#)

1 3/4 cups lukewarm water

Directions

1. Combine all the ingredients together, in your mixer with a dough hook or by hand.
2. After well combined, place the dough in a lightly greased bowl, covered with a tea cloth and let rest for 30 minutes.
3. Prepare a baking sheet with lined parchment paper and set aside.
4. Place the dough on a surface, lightly add oil to your hands and knead for 3-5 minutes.
5. Divide the dough into 12 pieces and roll out.
6. Place the shaped dough on the lined baking sheet, cover, and let rise for 1 1/2 hours
7. Preheat oven at 350 degrees.
8. Place rolled bread in the preheated oven until nicely browned about 30 -45 minutes.
9. Remove from the oven and let cool for 10-15 minutes before serving.
10. Enjoy ☐

Note: I use only organic and/or non gmo verified products.

Substitution: If you do not have date sugar you can use coconut palm sugar. I tested this recipe with sprouted wheat flour only which is a healthier option but all-purpose flour and cane sugar might work. If you do use that option please let me how it came out.