

# Seeduction Bread

Yield: 10 min  
Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/malted-barley-flour-italian-bread-recipe>

## Ingredients:

- 1 1/4 cups warm water 105 degrees to 115 degrees
- 2 tablespoons molasses
- 2 tablespoons honey
- 1/4 ounce active dry yeast
- 2 tablespoons canola oil
- 2 cups unbleached all-purpose flour
- 1 cup whole wheat flour
- 1 1/2 teaspoons sea salt
- 3 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon poppy seeds
- 2 tablespoons seed millet
- 3 tablespoons malted barley flour
- 1 tablespoon gluten wheat
- 1 egg white beaten
- 1 teaspoon seed millet

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 39 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 370 milligrams
8. Sugar: 6 grams

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