

Multigrain Yeast Bread

Yield: 16 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italy-yeast-bread-recipe>

Ingredients:

- 1 1/2 cups nonfat milk
- 1/4 cup dark molasses
- 2 1/2 teaspoons active dry yeast
- 2 cups all-purpose flour plus more as needed
- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1 1/2 teaspoons kosher salt
- 1 egg separated
- 1/3 cup toasted sunflower seeds hulled unsalted

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 15 milligrams
4. Fat: 2.5 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. Sodium: 240 milligrams
8. Sugar: 4 grams

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