



UNIT 11 / Germany

Nut Bread

Ingredients

- 40 g. Fresh yeast
- 650 ml lukewarm water
- 1 El Sugar
- 1 kg spelled flour
- 4 Tl Salt
- 1 El olive oil
- 140 g shelled hazelnut
- 60 g sunflower seeds
- 60 g pumpkin seeds
- 10 g butter
- 20 g honey

Directions

- Place the flour in a large bowl, make a well in the center of the flour.
- Crumble the yeast into the well and dissolve the yeast with lukewarm water. let stand 10 min.
- Roughly chop all the nuts
- Add all the ingredients to the flour and knead a dough for 5 minutes (or put it in the food processor)
- Finally, add all the chopped nuts and seeds.
- Cover the dough with a cake towel and let it rise for 1 hour.
- Place in 2 greased baking pans and let stand for 1 hour
- Preheat the oven to 220 degrees, cut the surface of the bread. Bake for 45 minutes.





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