

INGREDIENTS:

1-1/4 Cups - Whole-wheat flour
1 Cup - Bread flour
1 Cup - Warm water (100 degrees to 110 degrees)
1 Package - Dry yeast (about 2-1/4 teaspoons)
1/2 Cup - Flaxseed
2 Tablespoons - Flaxseed
3 Tablespoons - Nonfat dry milk
2 Tablespoons - Shreds of wheat-bran cereal (such as All-Bran)
3 Tablespoons - Honey
1 Tablespoon - Molasses
1 Teaspoon - Salt
3 Tablespoons - Bread flour
Cooking spray
2 Teaspoons - Cornmeal
1 Large egg white, lightly beaten
1 Teaspoon - Flaxseed

INSTRUCTIONS:

This small, dense, round loaf is made with flaxseed, a nutty-flavored grain that is rich in heart-healthy omega-3 fats. Slice some thick wedges of this hearty bread to go along with soup or stew.

Lightly spoon flours into dry measuring cups, and level with a knife. Combine the bread flour, water, and yeast in a large bowl; stir well with a whisk. Cover and let stand at room temperature 1 hour.

Place 1/2 cup flaxseed in a spice or coffee grinder; process until finely ground to measure 3/4 cup. Add the ground flaxseed, whole-wheat flour, 2 tablespoons whole flaxseed, and next 5 ingredients (2 tablespoons flaxseed through salt) to the yeast mixture, and stir until a soft dough forms (dough will feel tacky). Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining 3 tablespoons bread flour, 1 tablespoon at a time, to prevent the dough from sticking to hands. Shape dough into a 5-inch round loaf; place onto a baking sheet coated with cooking spray and sprinkled with cornmeal. Brush loaf with egg white; sprinkle with 1 teaspoon flaxseed. Make 3 diagonal cuts 1/4-inch-deep across top of loaf using a sharp knife. Cover and let rise in a warm place (85 degrees) 1 hour or until doubled in size. (Press two fingers into dough. If the indentation remains, the dough has risen enough.)

Preheat oven to 375 degrees. Bake at 375 degrees for 30 minutes or until bread sounds hollow when tapped. Remove from pan; cool on a wire rack. Yield: 1 loaf, 12 servings

Note: Flaxseed can be found in health-food stores and some supermarkets. Because it's rich in fat, you'll want to store flaxseed in the refrigerator or freezer. It will stay fresh for up to 6 months.

NUTRITIONAL INFORMATION:

CALORIES 165 (26% from fat); FAT 4.7g (sat 0.4g, mono 3g, poly 0.7g); PROTEIN 6.4g; CARB 28.8g; FIBER 4.1g; CHOL 0mg; IRON 2.3mg; SODIUM 224mg; CALC 60mg

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