



Sunflower Bread

Creates 12 Slices (1 Loaf)

SUMMARY

Make your own healthy bread and bring wonderful smells into your home. Top with wholesome sunflower seeds for a beautiful homemade loaf.



INGREDIENTS

- 7g Instant Yeast
- 1 tbsp Honey
- 350ml Warm Water
- 300g Unbleached All-Purpose Flour
- 200g Whole-wheat Flour
- 2 tbsp Olive Oil
- 1 tbsp Salt
- 100g Raw Sunflower Seeds

METHOD

1. Toast the sunflower seeds in a pan on the hob without any oil then let cool.
2. Stir yeast, honey and water in a bowl and let stand for a couple of minutes.





3. Mix the flours with salt in a stand mixer. Add salt, oil and yeast water and knead with the hook attachment for about 3 -4 minutes on speed 2.
4. Add 80g of Sunflower seeds and knead for another 4 minutes.
5. Cover the bowl with cling film and let rest in a warm place until doubled in size, for about 30 to 45 minutes.
6. After resting, knock back the dough and shape into a loaf. Put the shaped loaf into a proofing basket or a bowl lined with a clean kitchen towel and dusted with flour. Let the loaf rest for another 30 minutes.
7. Meanwhile put a casserole dish into the oven and pre heat to 230°C.
8. Score your loaf and sprinkle the rest of the sunflower seeds on top of it, then carefully place the loaf inside your casserole dish in the oven.
9. Bake for 35 minutes with the lid on. Reduce the temperature after 10 minutes to 215°C. After 35 minutes remove the lid and bake for another 15 to 20 minutes until golden brown.
10. The bread is ready when you knock the bottom and it makes a hollow sound.
11. Leave the loaf to cool completely before slicing.

