



Bread Machine Spelt Bread

Ingredients you will need:
Dried yeast
Honey
Soft butter

Spelt is an ancient grain that preceded wheat and has a higher nutritional value and mineral content – high in protein and Vitamin B and E. It is also digestible by some people with sensitivity to wheat. Spelt flour is **not gluten free!** Spelt is an excellent bread making flour, with good quality gluten and an intense flavour.

1 tsp	dried yeast
350g	Spelt flour
1 tbsp	salt
1 tbsp	Honey
1 tbsp	soft butter
200ml	tepid water

Then get creative and add any of the following:- 1-2 tbsp walnuts, linseeds, pumpkin seeds, sunflower seeds, almonds, dried fruits, etc. If you use lots of dried seeds, I recommend to soak them a little bit in warm water, as they tend to take too much liquid out of the dough.

We recommend the shortest Wholemeal setting. Ingredients amounts may vary depending on the type of bread maker and size of loaf. This should make a medium sized loaf.