

MOUNTAIN RYE BREAD

Ingredients:

- 1 cup White Mountain Foods Bulgarian Yogurt
- 1½ cup warm water
- 1 tsp. salt
- 2 pkg. yeast, dry
- 1 cup rye flour
- ¼ cup favorite bran or whole grain breakfast cereal
- 1 cup different favorite cereal (mix & match to taste; use one with nuts & dried fruit too!)
- 2½ cup all purpose flour
- 1 T. fennel seeds
- 4 T. butter, softened

Glaze:

- 4 T. melted butter or margarine

Directions:

In a mixing bowl stir the yeast and warm water to activate the yeast. Stir in the yogurt, cereal, salt, butter, rye flour and 2 cups of the all purpose flour. You can use your hands to blend the ingredients together or use a mixing bow with the dough hook attachment. Turn out onto a lightly floured surface using the all purpose flour and knead for 5 minutes. Let rest 5 minutes. Knead the dough a second time and knead in the fennel seeds, using additional flour to combat the stickiness. Place in bowl covered with plastic wrap until doubled in size. Punch down and cut in half. You can make rolls, croissants, braids, etc. Brush the tops with butter before putting in to the oven! Place on a sheet pan that has a sheet of parchment or wax paper on it. Bake in an oven at 350°F for 25 minutes, or until brown.