

Amazing Spelt Bread

This recipe was not tested by Bob's Red Mill. High Fiber, Low Cal, Low Fat, Soy Free.

Ingredients:

- 24-oz pkgs (5-1/2 cups) Spelt Flour
- 2 cups Hot Water (120°F - 130°F)
- 1 Tbsp Active Dry Yeast
- 1/4 cup Butter, softened
- 1/2 cup Honey
- 1/2 Tbsp Sea Salt

Directions:

1. In a large mixing bowl place water and yeast, stirring to dissolve.
2. Add butter, honey, sea salt and 1/2 package of the spelt flour. Mix until smooth and then gradually add additional spelt flour until thick enough to knead. Knead with remaining spelt flour (reserving about 2 TBSP flour to shape into loaves later) for 5-7 minutes.
3. Let rise for about 1 hour, or until double in size.
4. Shape into 2 loaves using reserved flour and place in greased loaf pans. Cover and let loaves rise another 45-60 minutes, until center reaches the top of the loaf pans.
5. Bake at 350°F for about 40-50 minutes.

Makes 2 loaves (13 slices each).