



Country-style bread with sunflower seeds and sesame

Ingredients:

- 3 cups of wheat flour
- 1 teaspoon salt
- 3 teaspoons sunflower seeds
- 1 tablespoon sesame seeds
- 3 teaspoons dry yeast
- 2 cups of lukewarm water
- 1 tablespoon of honey
- 1 tablespoon of sunflower oil
- some sesame seed to spread over the bread

Method:

Mix together the flour, the seeds and the dry yeast. Mix the honey with the lukewarm water and pour slowly over the flour. Disperse the dough for 10 minutes and add the oil. Butter a backing-tin and put the dough in it. Leave it in a warmish place for about 50 minutes. Put the sesame seed over the dough. Put the bread in an oven for 30 minutes at 200°, reduce the heat to 180° for another 30 to 40 minutes. Let the baked bread cool out and enjoy it!