

My favourite recipes



BAKING

Spelt bread with chia seeds

Ingredients

- 50 g [SchapfenMühle Chia seeds](#)
- 50 g [SchapfenMühle Sunflower seeds](#)
- 50 g [SchapfenMühle Pumpkin seeds](#)
- 500 g Water, warm (45 °C)
- 500 g [SchapfenMühle Spelt flour type 1050](#)
- 15 g Apple vinegar
- 12 g Salt
- 6 g Yeast, dry

Preparation

Put the seeds in a mixing bowl, pour warm water over them and let soak for about 15 minutes.

Add the remaining ingredients and knead with a handheld mixer (dough hook) for about 6 – 7 minutes at slow speed until a smooth dough forms. It is important to use dry yeast.

Pour the very soft dough into a 25 – 30 cm long baking tin.

Place the baking tin on the middle shelf of the (not yet preheated) oven and let it rest for about 30 minutes. Heat the oven to 190 – 200 °C (convection) and bake for about 50 minutes.

Remove the spelt bread from the mould and let it cool down on a cake rack.

Notes

Please note: Every oven is different. Please adjust the individually required baking times and temperatures accordingly.



We hope you enjoy the preparation!