



Styrian pumpkin seed bread



Preparation time: approx. 30 minutes

Rising time: approx. 1 hour

Difficulty: easy

Ingredients

300 g	organic wholemeal rye flour
600 g	organic wholemeal wheat flour
15 g	sea salt
2 tbsp	organic honey
1 tsp	bread seasoning
42 g	Bioreal Organic Fresh Yeast
600 ml	lukewarm water
4 tbsp	organic oil (cold-pressed pumpkin seed oil)
150 g	organic pumpkin seeds
3 tbsp	organic milk
to decorate	Pumpkin seeds



Preparation



- 1 Mix both types of flour together with the seasoning. Stir the honey and Bioreal Organic Fresh Yeast into the water and add it together with the oil to the flour mixture.
- 2 Knead thoroughly for 10 minutes, then cover and leave to prove in a warm place for 20 minutes.
- 3 Add the pumpkin seeds to the dough. Either plait the dough or shape it into a round loaf. Then brush it with milk and sprinkle some pumpkin seeds over the top, place it on a greased baking tray. Once again, cover the loaf and leave to rest.
- 4 Put the bread on the middle shelf of the cold oven and put a dish full of water on the bottom of the oven.
- 5 Bake the bread for 20 minutes at 200 °C (conventional oven), then reduce the temperature to 180 °C and bake for another 40 minutes.