



# Mel's Multi-Grain Bread (Fresh Milled, Flexible & Foolproof)

This is my go-to bread for friends who struggle with diabetes. Studies show the addition of spelt, barley and rye helped affect satiety and blood sugar regulation - aside from that the flavor is so good!

Recommended pan: 8.5 × 4.5" Loaf Pan

## Ingredients

- 240 g wheat berries, hard

### DR. MEL'S QUICK NO-WAIT YUDANE

- 40 g water, boiling
- 20 g flour, any (from the milled flour)

### REMAINING INGREDIENTS

- 265 g water, cold
- 8 g sea salt
- 8 g yeast
- 8 g lemon, juice

## Directions

1. Measure Mel's Favorite Grain Mixture into a container and mix together. Mill into fine flour.
2. Make the Yudane: Quickly mix 20 grams of flour from step 1 with 40 grams boiling water until a paste forms.
3. Pour the COLD water over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the remaining flour, and mix until combined.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add yeast, salt, and lemon juice.
7. Mix until the dough is smooth, elastic, and passed a windowpane test. If the dough feels too dry, drizzle in water very slowly while kneading.
8. Let the dough rise until almost doubled in size.
9. Gently fold the dough to even out the dough temperature.
10. Preheat oven to 420 F.
11. Shape into a loaf with a taut skin, and place in a greased or parchment lined 8.5 x 4.5" bread pan.
12. Let the dough rise until it springs back slowly when pressed with a wet fingertip.
13. Place pan in oven, and bake for 30 minutes.
14. Bake until the center of the loaf reaches a temp of 190 F.
15. Typical bake time 30-45 minutes.
16. Remove loaf from pan and cool completely on a rack (about 3 hours) before slicing.

## Notes

## Notice:

SAME recipe, but due to different grains soaking up more water, you may need to add a little water at a time during mixing until the dough comes together how you like it. This particular recipe is using 400 g of “hard” grains, 60 g of “soft”, and 75 g of “both” with Spelt.

The addition of spelt, barley, and rye was added because I had done some research into blood sugar regulation and how these grains affected it as well as satiety. Aside from that, the flavor is astounding!