



BIOSÜDTIROL



Organic Farmer Sieglinde Serves: Apple-Nut-Bread.

Preparation: 1.5 hours

Difficulty: Medium

Ingredients (for 3 loaves)

- 450 g spelt wholemeal flour, freshly milled
- 30 g yeast
- 1 tbsp honey
- 250 ml lukewarm water
- 150 g spelt flakes
- 300 g Fuji, diced small
- 100 g whole hazelnuts (or almonds)
- 50 g sultanas
- 1 tsp salt
- 2 tsp cinnamon
- juice of 1 lemon

Preparation

Place the spelt wholemeal flour in a bowl and make a depression in the middle. Mix the crumbled yeast, honey and water together and pour it into the depression, dust it with a little flour and allow the dough to rise for approximately 10 minutes.



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Add the spelt flakes, diced apple, hazelnuts, sultanas, salt, cinnamon and lemon juice, and knead everything to a slightly sticky ball of dough. If the dough is too firm, add a little lukewarm water. Leave the dough to rise in a warm place until it has almost doubled in size.

Next form 3 loaves of bread from the dough or place the dough in a bread mould. Bake in a preheated oven at 240°C (lower and upper heat) for 10 minutes. Then reduce the temperature to 200°C and bake for another 15 minutes. Remove the bread from the oven and serve with fresh butter and a smile.

Sieglinde's suggestion

The bread can be shaped any way you like or placed in any mould. Its sweet flavour makes it particularly good for breakfast, spread with honey or jam. Enjoy!