



BIOSÜDTIROL

Organic farmer Sieglinde serves: Apple-Nut-Bread

Preparation time: 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.

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 Tip:

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!