

Bread Machine Oatmeal-Sunflower Bread

Who said that hearty bread can't be delicious? This flavorful bread bakes beautifully with tasty nuts and oats in every bite.

- 1 cup water
- 1/4 cup honey
- 2 tablespoons butter or margarine, softened
- 3 cups Gold Medal® Better for Bread™ bread flour
- 1/2 cup quick-cooking or old-fashioned oats
- 2 tablespoons dry milk
- 1 1/4 teaspoons salt
- 2 1/4 teaspoons bread machine or quick active dry yeast
- 1/2 cup sunflower nuts

- 1.** Measure carefully, placing all ingredients except nuts in bread machine pan in the order recommended by the manufacturer. Add nuts at the Raisin/Nut signal or 5 to 10 minutes before last kneading cycle ends.
- 2.** Select Basic/White cycle. Use Medium or Light crust color. Do not use delay cycle. Remove baked bread from pan, and cool on wire rack.

Per Serving: Calories 200 (Calories from Fat 45); Total Fat 5 g (Saturated Fat 2 g); Cholesterol 5 mg; Sodium 310 mg; Total Carbohydrate 36 g (Dietary Fiber 2 g); Protein 6 g

% Daily Value: Vitamin A 2 %; Vitamin C 0%; Calcium 2 %; Iron 12 %

Exchanges: 2 Starch; 1/2 Fruit; 1/2 Fat

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