

Homemade Carrot Bread

Servings	Preparation Time	Baking Time	Rising Time	Oven Temperature
8 People	20 minutes	25-30 minutes	30-45 minutes	225/440 Celsius/Fahrenheit

Norwegians loves their bread in the morning and as their last meal of the day. Actually, we eat it almost every day for lunch as well. I can promise you that we love bread. This bread is one of my own recipes. It has lots of whole-wheat flour, pumpkin seeds, flax seeds, oats and carrots. It is a healthier type of bread that will contain your hunger or a few extra hours.



Ingredients

European Ingredients	US Ingredients
8 dl. whole-wheat flour	4 cups whole-wheat flour
6 dl. white flour	3 cups white flour
5 dl. milk or water	2.5 cups milk or water
50-100g yeast (fresh or dried)	1-2 packs yeast (fresh or dried)
1 dl. flaxseeds	½ cup flax seeds
1 dl. oats	½ cup oats
2 dl. pumpkinseeds	1 cup pumpkinseeds
2 tsp. salt	2 tsp. salt

Directions

1. Pre measure all the ingredients.
2. Heat up milk to body temperature 37-42°C if you use dried yeast
3. Blend in the yeast with the milk
4. Add all "dry" ingredients including carrots in the mixer or a mixing bowl.
5. Add milk and yeast mixture.
6. Start the mixer on very low speed for about 2 minutes
7. Turn the mixer to high speed and let it run for about 12 minutes.
8. Take the dough out onto the kitchen counter and let it rest for 5 minutes.
9. Spilt the dough in two equal parts. Should be weighted to about 800g each.
10. Roll them to a size that fits the bread form, or you can place them on an open sheet.
11. Set oven to suggested temperature
12. Let the bread rise in the bread forms to desired bread size. (30-45 minutes should be enough)
13. Bake in the oven for about 25-30 minutes.

There's lots of delicious recipes at the website with a video showing you how to make every recipe in English. (Click to view)

