



Carrot Bread

Norwegians love their bread in the morning and as their last meal of the day. We eat it almost every day for lunch as well. Therefore, I can promise you that we love bread. This bread is one of my recipes. It has lots of whole-wheat flour, pumpkin seeds, flaxseeds, oats, and carrots. It is a healthier type of bread.

Servings: 8

Preparation time: [20 minutes](#)

Time in the mixer: [12 minutes](#)

Raising time: [30-45 minutes](#)

Baking time: [25-30 minutes](#)

Total time: 2 hours

Baking Temperature:

[225o Celcius](#)

[440o Fahrenheit](#)

Measurements

480g grams of whole-wheat flour

360 grams of all-purpose flour

500 ml milk or water

100 grams of yeast

40-50 grams of flaxseeds

40 grams of oats

80-100 grams pumpkin seeds

750 grams of shredded carrots

Two teaspoons salt

Directions

- 👉 Pre-measure all the ingredients!
- 👉 Heat milk to body temperature 37-42oC. (if you use water just make sure its hot spring water and not boiling)
- 👉 Blend in the yeast with the milk.
- 👉 Add all dry ingredients including carrots in the mixer or a mixing bowl.
- 👉 Add milk and yeast mixture
- 👉 Start the mixer on very low speed for about 2 minutes
- 👉 Turn the mixer to high speed and let it run for about 12 minutes.
- 👉 Take the dough out onto the kitchen counter and let it rest for 5 minutes.
- 👉 Split the dough in two equal parts. Should be weighted to about 800g each.
- 👉 Roll them to a size that fits the bread form, or you can place them on an open sheet.
- 👉 Set oven to suggested temperature
- 👉 Let the bread rise in the bread forms to desired bread size. (30-45 minutes should be enough)
- 👉 Bake in the oven for about 25-30 minutes.

I suggest you let the bread rest for at least 20 minutes before you cut into it. Use a sharp breadknife for clean cut slices.

This type of bread would pair perfectly with freshly boiled farm eggs, Norwegian brown cheese. I open a fresh can of mackerel in tomatoe sauce. It is very typical for a Norwegian breakfast, and I'm not sure you would find that anywhere else in the world.

