

Ezekiel Bread

- 3 cups of hard red wheat
- 1 1/2 cups whole grain rye
- 1/4 cup barley
- 1/4 cup millet
- 1/4 cup green lentils
- 2 tablespoons Great Northern beans
- 2 tablespoons kidney beans
- 2 tablespoons pinto beans
- 1 cup honey
- 1/2 cup oil (such as olive oil)
- 2 tablespoons active dry yeast in 3 1/2 cups of lukewarm water

Grind all grains and beans. (If you don't have a mill, the grains and beans may be soaked and then run through a blender or food processor.

However, the amount of liquid will need to be adjusted accordingly).

Thoroughly mix oil, water, and honey and allow to set for 5 minutes.

In a large bowl, mix liquid with dry ingredients and let stand one hour.

Stir mixture again and place in baking pans.

This will make four small loaves or may be used as muffins.

Bake at 375 degrees for 45 minutes to an hour.