

## EZEKIEL BREAD

### Ingredients

1. 2-1/2 cups hard red wheat
2. 1-1/2 cups spelt or rye (Biblically spelt was used, Ezekiel 4:9)
3. 1/2 cup barley (hulled barley)
4. 1/4 cup millet
5. 1/4 cup lentils (green preferred)
6. 2 Tbs. great northern beans
7. 2 Tbs. red kidney beans
8. 2 Tbs. pinto beans

### Instructions

1. Stir the above ingredients very well. Grind in flour mill.
2. (NOTE: all of these grains and beans can be ground in NutriMill with no problems).

### Measure into large bowl or Bosch Mixer

1. 4 cups lukewarm water
2. 1 cup honey
3. 1/2 cup oil

### Add to liquids

1. freshly milled flour from the above mixture of grains
2. 2 tsp. salt
3. 2 Tbs. yeast
4. Stir or knead until well kneaded about 10 minutes. This is a batter type bread and will not form a smooth ball.
5. Pour dough into greased pans. You may use 2 large loaf pans (10x5x3) or 3 med. loaf pans or 2-9x13 brownie pans. Let rise in a warm place for one hour or until the dough is almost to the top of the pan. If it rises too much it will over flow the pan while baking. Bake at 350F for 45-50 minutes for loaf pans and 35-40 minutes for brownie pans.

### Notes

1. Recipe courtesy of Bread Beckers at [breadbeckers.com](http://breadbeckers.com).
2. Ezekiel 4:9 (NASB) "But as for you, take wheat, barley, beans, lentils, millet and spelt, put them in one vessel and make them into bread for yourself; you shall eat it according to the number of the days that you lie on your side, three hundred and ninety days."