

Pamela's Bread

ingredients

**1 Pamela's Bread and Flour Mix
(3 1/2 c.)
2 1/4 tsp yeast (1 packet)
1/4 c. oil
2 eggs—large
water to make 2 c. + 2 TBSP
total liquid**

recipe

Preheat oven to 350°.

Mix dry ingredients. Put eggs and oil in 2 c. measuring cup, add water to make 2 c. plus 2 TBSP total liquid. Mix with stand mixer 3 minutes using whisk attachment.

Turn into prepared 4 x 8 bread pan, greased and fitted with a parchment collar. (Use two pieces parchment cut approx. 14" x 5". Place each piece in the middle of the long side and fold around the small ends and overlap.) Smooth the top with greased or moistened fingers. Let raise 60 to 90 minutes. Slit top in 3 places with sharp knife to prevent splitting, and bake at 350°, 65 to 70 minutes.

Cool in pan on rack 10 minutes before removing from pan.



chef's note

Cut three small diagonal slits or one long slit down the middle to prevent the loaf from splitting open.

This recipe is slightly different than the one on the bag, either one will work just fine.

Multi-Sprout Bread

chef's note

For all three of the multi-grain, multi-seed and multi-sprout recipes, let the dough raise once in a bowl and then start its process again after pouring it into the prepped bread pan, for maximum final height and airiness to the bread.

ingredients

1 Pamela's Bread and Flour Mix (3 1/2 c.)
2 1/4 tsp yeast (packet)
1/2 tsp salt
1/4 c. oil
2 eggs—large
water to make 2 cups total liquid
1/2 c. small sprouts—like alfalfa or clover
1 c. larger sprouts—like lentil or radish

recipe

Preheat oven to 350°.

Mix dry ingredients. Put eggs and oil in 2 c. measuring cup, add water to make 2 c. total liquid. Mix with stand mixer 3 minutes using whisk attachment. At last add sprouts just to incorporate.

Turn dough into a greased bowl and cover and let raise to almost double. Punch down with spatula and turn into prepared 4 x 8 bread pan, greased and fitted with a parchment collar. (Use two pieces parchment cut approx. 14" x 5". Place each piece in the middle of the long side and fold around the small ends and overlap.) Smooth the top with greased or moistened fingers. Let raise slightly, slit top in 3 places with sharp knife to prevent splitting, and bake at 350°, 65 to 70 minutes.

This bread will be nice and moist. Terrific for sandwiches.



chef's note

In choosing sprouts; use any combination or just one kind, and remember 1 1/2 cups sprouts maximum.

Multi Seed Bread

you know you're treating yourself when you eat this great bread

ingredients

- 1 Pamela's Bread and Flour Mix (3 1/2 c.)**
- 2 1/4 tsp active dry yeast (1 packet)**
- 1/4 c. oil**
- 2 eggs—large**
- water to make 2 cups total liquid**
- 3 TBSP pumpkin seeds**
- 3 TBSP sunflower seeds**
- 1 TBSP chia seed**
- 1 TBSP sesame seed**
- 1 TBSP flax seed**

recipe

Preheat oven to 350°.

Mix dry ingredients. Put eggs and oil in 2 c. measuring cup, add water to make 2 c. total liquid. Mix with stand mixer 3 minutes using whisk attachment. At last add seeds just to incorporate.

Turn dough into a greased bowl and cover and let raise to almost double. Punch down with spatula and turn into prepared 4 x 8 bread pan, greased and fitted with a parchment collar. (Use two pieces parchment cut approx. 14" x 5". Place each piece in the middle of the long side and fold around the small ends and overlap. Smooth the top with greased or moistened fingers. Let raise slightly, slit top in 3 places with sharp knife to prevent splitting, and bake at 350°, 65 to 70 minutes.

Makes great toast!

chefs note

Chia seed is an Aztec food, high in omega fatty acids.



Multi Grain Bread *one basic recipe*

—*Just changing buckwheat flour for corn meal and you have two delicious and different breads.*

Multi Grain Bread V1

- 1 Pamela's Bread and Flour Mix (3 1/2 c.)
- 2 1/4 tsp yeast (packet)
- 1/4 c. teff
- 1/4 c. quinoa
- 1/4 c. buckwheat flour
- 1/2 tsp salt
- 1/4 c. oil
- 2 eggs—large
- water to make 2 cups total liquid



This bread is delicious, tastes like a traditional Pumpernickel.

Preheat oven to 350°. Mix dry ingredients. Put eggs and oil in 2 c. measuring cup, add water to make 2 c. total liquid. Mix with stand mixer 3 minutes using whisk attachment.

Turn dough into a greased bowl and cover and let raise to almost double. Punch down with spatula and turn into prepared 4 x 8 bread pan, greased and fitted with a parchment collar. (Use two pieces parchment cut approx. 14" x 5". Place each piece in the middle of the long side and fold around the small ends and overlap. Smooth the top with greased or moistened fingers. Let raise slightly, slit top in 3 places with sharp knife to prevent splitting. Bake at 350°, 65 to 70 minutes.

This bread is a little lighter than V1, try it as French Toast in the morning for a great nutritious start to your day.

Multi Grain Bread V2

- 1 Pamela's Bread and Flour Mix (3 1/2 c.)
- 2 1/4 tsp yeast (packet)
- 1/4 c. teff
- 1/4 c. quinoa
- 1/4 c coarse ground corn meal
- 1/2 tsp salt
- 1/4 c. oil
- 2 eggs—large
- water to make 2 cups total liquid



Bread Pudding made with Cinnamon Apple Walnut Bread

ingredients

CINNAMON APPLE WALNUT BREAD

BREAD

- 1 Pamela's Bread and Flour Mix yeast packet (2 1/4 tsp active dry yeast)
- 2 tsp cinnamon
- 1/4 c. oil
- 2 eggs
- water to make 2 cups liquid
- 1/4 c honey
- 1 apple—peeled, seeded, chopped

FILLING

- 1 c. chopped walnuts
- 1/2 c. raisins
- 3 tsp cinnamon

BREAD PUDDING

- 8 c. slightly dried bread
- 4 c. milk
- 4 eggs
- 2 tsp vanilla
- 1/3 c. honey
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 1/2 c. raisins
- 1 c. walnuts

recipes

CINNAMON APPLE WALNUT BREAD

Mix dry ingredients. Mix eggs and oil, adding enough water to make 2 cups. Add honey. Mix with stand mixer 3 minutes using whisk attachment. At last add apple to incorporate.

Turn dough into a greased bowl and cover with moist cloth and let raise to almost double. Punch down with spatula and turn onto parchment that is heavily sprinkled with Mix. Pat into a square a little larger than the long end of your pan.

Sprinkle with filling, leaving 1" clear at the final end of the roll. Roll dough and tuck in ends.

Transfer to prepared 4.5 x 9 bread pan (larger pan accommodates the extra walnuts and raisins), greased and fitted with a parchment collar. (Use



two pieces parchment cut approx. 14" x 5". Place each piece in the middle of the long side and fold around the small ends and overlap.) Smooth the top with greased or moistened fingers. Let raise slightly, slit top in 3 places with sharp knife to prevent splitting, and bake at 350°, 65 to 70 minutes.

BREAD PUDDING

Cut loaf into 1" cubes, using most of the loaf to make 8 c. Let sit a day under clean cloth to dry.

Beat eggs well and add milk. Mix then add honey and vanilla. Mix and add the rest of the ingredients.

In a large bowl, soak bread cubes in mixture 15 minutes. Pour into buttered 9 x 13 pan, dot with butter. Bake in pre-heated 325° oven, setting the baking dish into a larger pan of pre-heated water, for 45 minutes. Take baking pan out of water bath and continue baking for 15 or 20 minutes longer until sides are slightly browned and a knife inserted into the pudding comes out clean.

Serve warm with whipped cream.

chef's note

Use local honey to help prevent allergies.

Date Nut Apple Bread

ingredients

3 c. + 2 TB Pamela's Bread & Flour
1/4 c. + 2 TBSP rice bran
yeast packet—2 1/4 tsp active dry yeast
1/4 c. oil
2 eggs—large
warm water to make 2 c. total liquid
3/4 c. dates—chopped
3/4 c. cashews—chopped
1 apple—chopped (approx. 1 c.)

recipe

Preheat oven to 350°.

Mix dry ingredients. Put eggs and oil in 2 c. measuring cup, add water to make 2 c. total liquid. Mix with stand mixer 3 minutes using whisk attachment. At last add dates, apples and cashews just to incorporate.

Turn dough into prepared 4 x 8" bread pan, greased and fitted with a parchment collar. (Use two pieces parchment cut approx. 14" x 5". Place each piece in the middle of the long side and fold around the small ends and overlap. Smooth the top with greased or moistened fingers. Let raise 60 to 90 minutes, slit top in 3 places with sharp knife to prevent splitting. Bake at 350°, 65 to 70 minutes.

Cool on rack for 10 minutes before taking it out of the pan.

chefs note

This bread is a yeast style bread, perfect for sandwiches and toast, not a quick bread style, like banana bread.



Savory Seeded Bread Sticks

these are so good you won't even think about how good they are for you

ingredients

1 pkg Pamela's Bread Mix — 3.5 c.
yeast packet—2 1/4 tsp active dry yeast
3 TBSP teff
1/4 c. oil
2 eggs
water to make 2 cups total liquid
1/4 c. toasted pine nuts
2 TBSP flax seed
2 TBSP sunflower seeds
4 TBSP favorite fresh herbs—optional;
chives and oregano are great



recipe

Mix dry ingredients. Put eggs and oil in 2 c. measuring cup, add water to make 2 c. total liquid. Mix with stand mixer 3 minutes using whisk attachment. At last add to incorporate the pine nuts and seeds, and herbs if using.

Turn dough into a greased bowl and cover with moist cloth and let raise to almost double. Punch down with spatula and turn onto parchment that is heavily sprinkled with Mix. Roll into long tubes, using more mix as necessary, and place on fresh parchment on cookie sheets. Let rest and raise slightly.

Pre-heat to 375° Immediately reduce temp to 350° and bake 15 minutes. Brush with milk, sprinkle with sea salt, turn and bake 10 minutes more until lightly browned.



chef's note

Teff is a gluten-free grain originally from Ethiopia.

Cheesy Butterhorn Rolls

ingredients

3 1/2 c. Pamela's Bread and Flour Mix
1 TBSP sugar
1/4 tsp salt
2 1/4 tsp active dry yeast (1 packet)
2 eggs—large
1/4 c. melted butter
1/2 c. warm milk
3/4 c. warm water
Parmesan cheese

recipe

Place Bread mix, yeast, sugar and salt in bowl of stand mixer. Mix eggs, butter, milk and water and add to bowl. Mix on medium speed 3 minutes. Divide in 2, let rest in 2 buttered bowls for 20 minutes.

On parchment sprinkled with Bread mix, pat into disk of dough about 1/4" thick. Using a pizza cutter, cut into 8 pieces. Sprinkle with Parmesan cheese and roll up starting at the wide edge. Place on parchment lined baking sheet and let rise for about 20 minutes.

Sprinkle with kosher salt. Bake in preheated 350° oven for 20-25 minutes.



Tuscan Style Pesto and Pine Nut Rolls

ingredients

- 1 Pamela's Bread & Flour Mix (3 1/2 c.)**
- 2 1/4 tsp active dry yeast (1 packet)**
- 1/4 c. oil**
- 2 eggs—large**
- water—to equal 2 cups total when combined with oil and eggs**
- 1 c. pesto sauce**
- 1/4 c. pine nuts—chopped**
- 2 TBSP butter to grease muffin tins**

recipe

Preheat oven to 350°. Prepare Pamela's Products Wheat Free Bread Mix (including yeast packet) according to instructions for Stand Mixer Preparation. Stir in pesto sauce and pine nuts and mix well. Grease cups of muffin tins with butter. Divide mixture equally into muffin tins, filling each muffin cup 3/4 full. Let rise for 1 hour and bake at 350 degrees. Bake for about 20 to 25 minutes or until toothpick inserted in center of roll comes out clean and rolls are lightly golden brown. Makes about 20 rolls (depending on the size of the muffin cups).

chef's note

These are delicious with an antipasto platter, an Italian style salad, minestrone soup, or a favorite Italian entree.



We tested washes on these rolls above, from left

No wash—plain light tan color

Yolk and milk—the best: shiny and golden color

Olive oil—added a slight bit more color

Baking soda and water—added a rich brown color

Pamela's Bagels

ingredients

- 1 Pamela's Bread & Flour Mix (3 1/2 c.)**
- 1 yeast packet (2 1/4 tsp active dry yeast)**
- 1 1/3 c. warm water**
- 1/4 c. oil**

recipe

Combine dry mix, yeast, oil and water (eggs are not used). Mix on medium for 3 minutes. Use 1/2 cup of dough for each bagel. Use oil or non-stick spray on fingers to form round bagel shape. Place on greased baking sheet. Let dough rest for one hour then with thumb poke hole in center of each bagel.

Preheat oven to 400°.

In boiling water, boil bagels for 25 seconds (until they float), remove with slotted spoon and place on greased or parchment lined baking sheet. Bagels do not have to be boiled before baking but it is suggested. Bake for 20-25 minutes.

Yield: approximately 7 bagels.

FRESHLY BAKED MORNING BAGELS—

Prepare dough, shape bagels on greased baking sheet, cover and refrigerate overnight. Bagels will rise while in refrigerator. In the morning, preheat oven to 400°, boil bagels, then bake for 25-30 minutes.

