



Easy multigrain bread

15'

Hands on

25''

Hands off

50'

Cook Time

8-10

Portion(s)

1

Difficulty



Ingredients

- 50 g quinoa
- 130 g water, boiled for the quinoa
- 2 tablespoon(s) flaxseed
- 450 g self-rising flour
- 2 tablespoon(s) pumpkin seeds
- 2 tablespoon(s) poppy seeds
- 2 tablespoon(s) oregano, dried
- pepper
- salt
- 3 tablespoon(s) olive oil
- 200 g water, for the bread
- 150 g milk
- 100 g gruyere cheese, grated
- 2 tablespoon(s) sesame seeds

Διατροφικός πίνακας

Nutrition information per portion

307 Calories (kcal)	12.0 Total Fat (g)	4.0 Saturated Fat (g)	37.0 Total Carbs (g)
15%	17%	20%	14%
1.4 Sugars (g)	10.0 Protein (g)	3.4 Fibre (g)	0.45 Sodium (g)
2%	20%	14%	8%

Method

- Preheat the oven to 170° C (338° F) set to fan.
- In a bowl, add the quinoa, the boiled water, and allow 20-25 minutes for it to soak. Drain and set aside.
- In a [mortar and pestle](#), add the linseed and crush it.
- In another bowl, add the flour, quinoa, linseeds, pumpkin seeds, poppy seeds, oregano, pepper, salt, olive oil, 200 g water, milk, gruyere, and firstly mix with a spoon. As soon as the mixture starts thickening, keep kneading with your hands until there is a thick dough.
- Grease and flour a [10x30 cm cake pan](#). Spread 1 tablespoon of the sesame seeds. Add the dough and sprinkle with the remaining sesame.
- Bake for 50 minutes. Let it cool on a [rack](#).
- With a serrated bread knife, cut into slices and serve.