

## INDIAN GRAIN BREAD OR SQUAW BREAD

Servings: 32

Yield: 2 loaves

Preparation time: 25 minutes

Cooking time: 35 minutes

<http://spiceislandvegan.blogspot.com/2006/09/success-veganized-indian-grainsquaw.html>

*Adapted from a recipe I got from the Internet, I veganized this bread and turned out to be really good. Instead of honey, I use maple syrup or molasses. The brown sugar, raisins, and maple syrup gives sweetness to rye-whole-wheat grain bread. This bread is yummy for a sandwich or just with a dab of Earth Balance. This bread is a bit sweet and you can reduce the brown sugar if you like to reduce the sweetness.*

### Ingredients:

2 cups water  
1/3 cup vegetable or canola or safflower oil  
1/4 cup organic maple syrup or organic molasses  
1/4 cup organic raisins  
5 tbsp organic brown sugar  
2 pkgs active dry yeast (1/4 oz. per pkg.)  
1/4 cup warm water (110 F degrees)  
2 1/2 cups organic unbleached flour  
3 cups organic whole wheat flour  
1 1/2 cups rye flour  
1/2 cup soy milk powder  
2 1/2 tsp salt

### For toppings:

1 tbsp melted Earth Balance  
1/2 cup water  
1 tsp cornstarch  
rolled oats

1. Combine water, oil, molasses or maple syrup, raisins, and 4 tablespoons brown sugar in a blender. Liquify.
2. Soften yeast in warm water with remaining 1 tablespoon brown sugar. Let the yeast dissolved in warm water for 5 minutes.
3. In a large bowl sift together all the flours, salt, and soy milk powder. Place molasses or maple syrup mixture and yeast mixture in a mixer bowl. Add half of the flour mixture. Beat with dough hook of your mixer. Gradually stir in the remaining flours to make soft dough that pulls away from the sides of the bowl. Let it knead for about 10 minutes. See tip.
4. Place dough in lightly greased bowl and turn to grease surface. Cover and let rise until

double (about 1 1/2 hours).

5. Punch down and let it rest 10 minutes. Divide into 2 loaves and place into 2 lightly greased 9" by 5" bread loaf pans OR divide into 4 round loaves and placed on greased cookie sheets sprinkled with cornmeal. Cover and let it rise in warm place until doubled (about 1 hour).
6. Prepare topping: heat 1/2 cup water with cornstarch, mix well, and let it simmer till thickened. Let this mixture cool. Just before baking, brush both loaves with the cornstarch mixture and sprinkled with rolled oats on top.
7. Bake in a preheated 375 F oven for 30-35 minutes. Brush with melted Earth Balance and cool on racks.

### **Nutrition Facts**

*Nutrition (per serving): 142.0 calories; 18% calories from fat; 2.9g total fat; 0.0mg cholesterol; 155.8mg sodium; 109.5mg potassium; 25.8g carbohydrates; 1.5g fiber; 4.5g sugar; 24.3g net carbs; 3.0g protein; 2.8 points.*

**Cooking Tips:** *could not use my bread machine to knead the dough since this recipe is too big for it. You can cut the recipe in half to knead it in your bread machine. I kneaded the dough in my Kitchen-Aid Heavy Duty mixer. This mixer almost could not do the job to knead dough for 2 loaves of bread. I was afraid that it would start to smoke but fortunately it didn't. I wish I have a Bosch mixer. Oh well!*