

GARLIC BREAD: 3 servings

Turn on oven @150

1 c warm water

1 tbsp yeast

2 tbsp sugar

¼ tsp salt

Add:

1 c white flour

2/3 c wheat flour

½ c buckwheat

knead until smooth, adding more flour to consistency

turn off oven

rise dough 1hr in clean scraped, lightly oiled mixing bowl

preheat oven to 350

oil pan (macademia nut oil works wonders)

stretch dough into rope and place on pan

cover with minced garlic and coarse salt

bake until lightly browned

let cool ~5min before slicing