

# BREAD MACHINE COOKBOOK FOR BEGINNERS

**The Ultimate Step-by-Step Guide to Baking Perfect  
Homemade Bread Every Time - Easy, Delicious Recipes  
Including Gluten-Free, Vegan & Healthy Options**



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## INTRODUCTION

*"Bread is the king of the table, and all else is merely the court that surrounds the king. The countries are the soup, the meat, the vegetables, the salad, but bread is king."*

- Louis Bromfield

Is there anything more delicious than the smell of freshly baked bread wafting through your home? Making your own bread from scratch is super fun, rewarding, and far easier than you think. Owning a bread machine makes the job a breeze, too.

Whether you're new to making bread or looking to perfect your bread-making skills, this book is a step-by-step guide to making the best bread at home, every time.

You really don't need any fancy skills at all - just a love for tasty bread and some patience as you learn the tips, tricks, and steps to perfecting the process and producing that perfect loaf.

A bread machine, of course, makes it far easier and really simplifies making fresh bread at home. It takes the hard work out of kneading, rising, and baking the bread, which is great for busy people who still want fresh, homemade bread without the fuss.

A bread machine provides consistent results every time and allows you to experiment with fun recipes, different flavors, and ingredients to create a unique and tasty loaf.

There are so many benefits to making homemade bread. From the ingredients to the taste, here's what you can expect when you make your own bread:

- You **control the ingredients**, which means you can eliminate additives and preservatives and use fresh ingredients.

- Fresh bread just **tastes better** - and is far **healthier** - than store-bought breads.
- Making your own bread **saves you money** in the long run and is a great, cost-effective option for enjoying your favorite bread.
- And finally, **the joy of baking** - nothing compares to the comfort and sense of accomplishment that comes from making your own bread. Just imagine being able to say, "I baked my own bread!"

This book walks you through everything bread - from basic recipes to creative variations you can try. It's packed with tips on choosing the right ingredients, troubleshooting a few common issues, and making the most of your bread machine. From a classic white loaf to wholewheat or a fruit and nut bread, there's a recipe for everyone to enjoy.

That perfect loaf is just a quick push of a button away, so let's jump straight in!

# Chapter 1: Getting Started with Your Bread Machine

LET'S START THIS EXCITING JOURNEY AND UNDERSTAND THE MECHANICS OF A BREAD MACHINE, INCLUDING THE KNEADING, RISING, AND BAKING CYCLES. IT DEMYSTIFIES THE PROCESS AND HELPS BEGINNERS UNDERSTAND WHAT'S HAPPENING INSIDE THE MACHINE.



## CONGRATULATIONS!

So here is a bread machine - now what? The good news is that a bread machine does all the hard work for you.

From mixing and kneading to rising and baking, owning a bread machine guarantees a great loaf every time. It works in cycles, so all you have to do is add in your ingredients and push a button - the bread machine will do the rest.

Each bread machine has a bread pan, a mixing and kneading paddle, and a heating element to bake the bread. The process is completely hands-off, and knowing how it works helps you get the best results and the tastiest loaves.

Let's look at the main elements more closely.

**Bread Pan:** This is the removable container where all the magic happens. The bread pan holds the ingredients, gets kneaded by the paddle, and serves as the baking vessel. It's usually non-stick for easy removal of the baked loaf. Some machines have collapsible paddles for a cleaner loaf bottom.

**Kneading Paddle (or Dough Hook):** This is the metal blade located at the bottom of the bread pan. Its job is to mix and knead the dough, developing the gluten structure essential for a good rise.

**Heating Element:** The heating element surrounds the bread pan and provides the heat necessary for baking the bread. It's controlled by the bread machine's internal thermostat.

**Control Panel:** This is the brain of the bread machine. It houses the buttons and display that allow you to select the desired settings (loaf size, crust color, baking cycle, etc.) and start/stop the machine. More advanced models may have digital displays and programmable timers.

**Lid:** The lid seals in heat and moisture during the baking process. Many lids have a viewing window so you can peek at your bread's progress without interrupting the baking cycle.

**Case:** The outer shell of the bread machine, usually made of plastic or metal. It houses all the internal components and provides insulation.

**Power Cord:** Provides the electrical power needed to operate the bread machine.

**Internal Thermostat:** Regulates the temperature inside the bread machine, ensuring consistent baking results. It works in conjunction with the heating element.

**Timer:** Controls the duration of each stage of the bread-making process (mixing, kneading, rising, baking). It's usually integrated into the control panel.

These are the essential components of a standard bread machine. Some models may include additional features like dispensers for nuts and seeds, or collapsible paddles for a cleaner loaf bottom.



## ESSENTIAL BREAD MACHINE SETTINGS AND FUNCTIONS

Bread machines come in all shapes and sizes, and while they may differ in how they look, they all have the same settings for basic, whole wheat, and quick bread settings. Here's what each of these settings means:

### Basic

This is the go-to setting for standard white or simple bread used for sandwiches. The basic setting kneads, rises, and bakes the bread at just the right times to give you a soft and fluffy loaf.

## Whole Wheat

This setting is designed for a denser bread. Whole wheat flour takes longer to absorb liquid and rise properly, and this setting increases the kneading and rising time to ensure the perfect whole wheat loaf.

## Quick Bread

The quick bread setting is perfect for recipes that don't use yeast. Instead of kneading and rising, the machine simply mixes and bakes the batter, similar to baking in an oven.

**Gluten-Free:** This setting is tailored for gluten-free bread recipes, which often require different mixing and baking times compared to traditional wheat-based breads.

**Sweet Bread/Cake:** Designed for breads with higher sugar content, typically involves a shorter kneading cycle compared to bread settings, as over-kneading can make cakes tough. It's followed by a longer baking cycle at a slightly lower temperature than bread baking. This gentle baking helps create a tender crumb and prevents the cake from over-browning on the outside while remaining undercooked inside.

## Crust Settings

Most bread machines have a setting that lets you choose just how dark or crispy you want your crust. There are usually three options:

- Light crust for a softer, more golden crust
- Medium for a balanced texture, much like store-bought bread
- Dark for a crispier and darker crust

## A Delay Timer

One of the best features of a bread machine is the delay timer. This setting lets you add your ingredients ahead of time and set the machine to bake later. If you want fresh bread first thing in the morning, simply load everything the night before, set the timer, and wake up to that glorious smell of homemade bread.

## ADVANCED SETTINGS

**Dough/Knead Only:** This setting mixes and kneads the dough without baking it. This allows you to shape the dough and bake it in a conventional oven for greater control over the final shape and crust.

**Bake Only:** This setting is useful for baking pre-made dough or reheating bread.

**Jam/Jelly:** This setting slowly cooks fruit and sugar to make jams and jellies.

## Specialty Breads

Some of the more advanced models have a Stuffed Bread setting. This adjusts the kneading and rising times to suit sourdough, French bread, and others.

## OTHER FEATURES

**Automatic Fruit/Nut Dispenser:** Automatically adds ingredients like nuts and dried fruit at the appropriate time during the baking cycle.

**Keep Warm:** This setting keeps the bread warm for a period of time after baking.

These are some of the most common settings found on modern bread machines. The specific settings and features available will vary depending on the model and brand. Always consult the user manual for your specific machine.

## MUST-HAVE TOOLS

**Bread Machine** is the most obvious essential! Specify that while features vary, a basic bread machine will suffice for most recipes in the book.

**Measuring Cups and Spoons:** Accurate measuring is crucial for consistent results, so a set of dry and liquid measuring cups and spoons is a must.

**Kitchen Scale:** While not strictly necessary for all recipes, a kitchen scale allows for the most precise measurement of ingredients, especially flour, leading to better results. Encourage its use as bakers gain experience.

**Mixing Bowls:** A few mixing bowls of varying sizes will be useful for preparing ingredients and proofing yeast if using active dry yeast.

**Spatula or Wooden Spoon:** These are helpful for scraping down the sides of the bread machine pan and ensuring all ingredients are incorporated.

**Dough Scraper/Bench Knife:** Useful for handling dough if a recipe requires shaping before baking in the machine. Also helpful for cleaning up.

**Oven Mitts:** Essential for safely removing the hot bread pan from the machine.

**Wire Rack:** A wire rack allows for proper cooling of the bread, preventing a soggy bottom.

**Bread Knife:** A serrated bread knife is ideal for slicing freshly baked bread without crushing it.

**Storage Containers:** Airtight containers are essential for keeping bread fresh.

### Nice-to-Haves:

- A Thermometer: This helps you check the temperature of liquids, and is especially useful when proofing yeast.
- A Timer: Most bread machines have a timer, but an extra timer can help with other steps.
- A Pastry Brush: This is handy for brushing melted butter or glaze on top of your loaf.



## MUST-HAVE INGREDIENTS

**Flour:** Flour is the base for any bread. Use the type of flour your recipe calls for - like bread flour, all-purpose, or whole wheat. Gluten-free blends work well too if needed.

**Yeast:** Yeast makes the bread rise. There are a few kinds, like active dry and instant yeast, bread machine yeast, and fresh yeast.

**Water (or other liquids):** Liquid brings the dough together and activates the yeast. You can also use milk, buttermilk, or even juice for added flavor. Just make sure it's the right temperature (this is where a thermometer comes in handy).

**Salt:** Salt boosts the flavor of your bread and controls the yeast.

**Sugar:** Sugar feeds the yeast and also helps your bread brown nicely. You can also use honey, maple syrup, or other sweeteners.

**Fat (Optional):** Fat adds richness and softness, and can be in the form of butter, oil, or shortening.

**Extras for Flavor:** eggs (add color, rich flavor, and structure to your loaf), nuts and seeds (add crunch, flavor, and nutrition), dried fruits (add sweetness and flavor).

## Chapter 2: Bread-Making Basics

LET'S HAVE A CLOSER LOOK AT CHEMICAL REACTIONS INVOLVED IN BREAD MAKING - IT WILL EXPLAIN HOW THESE PROCESSES CONTRIBUTE TO THE FINAL PRODUCT. THIS CHAPTER ALSO DEMISTIFIES THE FUNCTION OF EACH KEY INGREDIENT IN BREAD MAKING, EXPLAINING HOW THEY INTERACT WITH EACH OTHER AND INFLUENCE THE TEXTURE, FLAVOR, AND OVERALL QUALITY OF THE BREAD.



Bread making is much like a science - it's all about mixing, kneading, rising, and baking. Lucky for you, using a bread maker cuts down on the effort by doing all of this for you at the push of a button. With the right ingredients, a bit of know-how, and some patience, you, too, could bake the perfect loaf.

## THE SCIENCE BEHIND BREAD BAKING

**Yeast Activation:** Think of yeast as tiny, dormant creatures waiting to be awakened. When you add warm water and a bit of sugar to yeast, it comes alive! This "awakening" is actually a chemical process called fermentation. The yeast starts consuming the sugar and releases carbon dioxide gas as a byproduct. This gas is what makes bread rise and gives it that light and airy texture. Too hot water will kill the yeast, and too cold water won't activate it properly, so temperature is key.

**Gluten Development:** Flour contains two proteins, glutenin and gliadin. When you add water to flour and start kneading, these proteins link together to form gluten. Gluten is like a stretchy network that traps the carbon dioxide gas produced by the yeast. This trapping action is what allows the bread to rise and hold its shape. The more you knead, the stronger the gluten network becomes. Different types of flour have different amounts of these proteins, which is why some flours are better for bread making than others. Bread flour, for example, has a higher protein content and produces a stronger gluten network.

### How These Processes Work Together:

- **Mixing:** When you combine the ingredients, the yeast starts to activate and the gluten begins to form.
- **Kneading:** Kneading helps develop the gluten network, making it stronger and more elastic. This allows the dough to stretch and expand as the yeast produces gas.
- **Rising (Proofing):** During rising, the yeast continues to ferment and produce carbon dioxide. The gluten network traps this gas, causing the dough to increase in volume.

- **Baking:** The heat of the oven causes the yeast to produce a final burst of gas, leading to what's called "oven spring." The heat also sets the gluten structure, giving the bread its final shape. The starches in the flour gelatinize, and the crust browns due to the Maillard reaction (a chemical reaction between amino acids and sugars).

In short, yeast creates the gas that makes bread rise, and gluten provides the structure that holds it all together. The interplay of these two processes is what transforms simple ingredients into a delicious loaf of bread.

## COMMON INGREDIENTS & THEIR ROLES

Let's explore the essential ingredients in bread making and the roles they play.

**Flour:** Flour is the foundation of all bread and gives it structure and texture. Different types of flour have varying protein levels, affecting gluten development and the final texture of the bread. For best results, flour should be **sifted**.

**Yeast:** This is the magical ingredient that makes the dough rise by producing carbon dioxide gas and creating air bubbles.

**Sugar:** Sugar feeds the yeast and adds a touch of sweetness. It can also be substituted with stevia and other sweeteners to produce a unique taste.

**Salt:** Salt enhances flavor and controls the yeast activity in the bread mixture.

**Liquids:** Water, milk, and other liquids create moisture for the dough and add to its texture. For **optimal** results when using a bread machine, liquids such as water and milk should be added at a temperature that helps activate the yeast without killing it. The ideal temperature range for these liquids is **between 21°C and 27°C (70°F and 80°F)**.

**Fats:** Butter, oil, and other fats make the bread softer and also add richness and flavor.

## UNDERSTANDING DIFFERENT TYPES OF FLOUR AND YEAST

The type of flour you choose when using a bread machine makes a big difference in how your bread turns out. Here's what to expect from the different types of flour:

**Bread flour** has more protein, which creates a strong structure and chewy texture. It's perfect for traditional loaves.

**All-purpose flour** has less protein, and results in a softer loaf.

**Whole wheat flour** is packed with fiber and nutrients, making it a healthier option. It does, however, make the bread denser unless it's combined with extra flour and extra liquid.

**Gluten-free flour** is great for celiacs and those who follow a gluten-free diet. You will need to add special binders like xanthan gum to get that elasticity you get in wheat-based flours.

**Rye flour**, made from rye grain, has a lower gluten content than wheat flour, resulting in denser, more compact loaves. Its distinct, slightly tangy flavor and dark color are prized in breads like pumpernickel and rye.



Remember that each type of flour absorbs liquid differently, so make adjustments to your ingredients to get the right consistency of the dough.

Just like flour, **yeast** plays a crucial role in bread making. There are three main types, namely active dry yeast, instant yeast, and bread machine yeast. Here's how they differ:

**Active dry yeast** needs to be dissolved in water before use.

**Instant yeast** can be added directly to the flour.

**Bread machine yeast** can also be added directly to the flour.

Instant yeast works faster, making it ideal for quick cycles, while bread machine yeast is specially formulated to rise evenly in automatic bread machines. Some yeasts work faster than others, so using the right one for your machine's setting ensures the best results.

**You can find both flour and yeast conversion tables in the Appendix to this book.**

By understanding just how flour and yeast work together, you'll make sure your bread turns out light, fluffy, and delicious every time.

### HOW TO MEASURE INGREDIENTS PROPERLY

Getting the right measurements is one of the most important steps in bread making. Even a small mistake, like using too much flour, too little water, or an extra pinch of yeast, changes the texture, rise, and flavor of your bread. Using the proper measuring tools ensures consistent, delicious results every time.

Bread machines work best when the ingredients are measured precisely. Guessing or estimating leads to dense, dry, or collapsed bread, so take care when measuring your ingredients. Here are a few more tips:

- Use dry measuring cups for flour, sugar, and other dry ingredients.
- Use liquid measuring cups for water, milk, or oils. Set it on a flat surface and check the measurements at eye level.
- Measure small amounts, like yeast, salt, and sugar, with measuring spoons.

**Never eyeball your measurements; rather, use measuring tools to ensure accuracy.**

## TROUBLESHOOTING COMMON BREAD MACHINE ISSUES

Sometimes, your bread machine doesn't give you the perfect loaf you were expecting. Maybe it didn't rise. Perhaps it turned out too dense. Or maybe your loaf collapsed in the middle. Minor mistakes make a big difference, but the good news is that most problems have an easy fix.

### **Issue 1: Your Bread Didn't Rise: If your bread looks flat, check:**

**Yeast:** Make sure it's fresh and active.

**Liquid temperature:** Your liquid should be warm, not too hot, and not too cold, to activate the yeast.

**Ingredient Order:** Add ingredients in the order recommended in the manual. Liquids usually go in first, followed by dry ingredients, and yeast on top.

### **Issue 2: Your Bread is Too Dense:**

If your loaf feels heavy or thick, it may be because you added too much flour, or there is not enough yeast. Measure your ingredients correctly using the right tools.

### **Issue 3: Your Bread Collapsed in the Middle:**

A sunken loaf usually happens if you added too much liquid or if the dough rises too much. Again, measure your ingredients accurately to ensure a good, solid loaf.

### **Issue 4: The Crust is too Dark or too Light:**

Most bread machines have a crust setting. Adjust the setting to get the crust just right.

Perfect bread comes with a few small tweaks and changes, and a lot of patience. Keep experimenting and soon you'll have a bakery-quality bread of your own.

## LOAF SIZES

In modern bread machines, the most common loaf sizes are:

**1 pound (450g) - sometimes marked as M:** A small to medium-sized loaf, ideal for small households or for making smaller breads like baguettes or ciabatta.

**1.5 pounds (680g) - sometimes marked as L:** A medium-sized loaf, suitable for most families and a good size for everyday bread.

**2 pounds (900g) - sometimes marked as XL:** A large loaf, perfect for bigger families or for those who want to make more bread at once.

**2.5 pounds (1.1kg):** An extra-large loaf, often found in higher-end bread machines, great for large families or for making bigger breads like sourdough or artisan breads.

Some bread machines may also offer additional loaf size options, such as:

- **0.5 pounds (225g):** A small loaf, great for making tiny breads or for testing recipes.
- **3 pounds (1.36kg):** A very large loaf, often found in commercial-grade bread machines.

Keep in mind that loaf sizes may vary depending on the specific bread machine model and brand. It's always a good idea to check your machine's user manual or manufacturer's website for specific information on available loaf sizes.

# Chapter 3: Classic Bread Recipes

THESE TIMELESS RECIPES ARE PERFECT FOR BEGINNERS, AND THEY'LL HELP YOU GET COMFORTABLE WITH YOUR BREAD MACHINE. FROM CRUSTY BAGUETTES TO HEARTY WHOLE GRAIN LOAVES, THESE CLASSIC BREADS ARE SURE TO BECOME STAPLES IN YOUR KITCHEN

- Basic White Bread
- Whole Wheat Bread
- Honey Oat Bread
- French Bread
- Soft Dinner Rolls
- Country Farmhouse Bread
- Buttermilk Bread
- Sourdough-Style Bread
- Potato Bread
- Rye Bread
- Cornbread
- Rustic Italian Bread
- Brioche-Style Bread
- Old-Fashioned Milk Bread
- Sweet Hawaiian Bread
- Irish Soda Bread



- Calories: 120
- Protein: 3 g
- Carbohydrates: 22 g
- Fats: 2 g
- Fiber: 1 g
- Cholesterol: 5 mg
- Sodium: 190 mg
- Potassium: 40 mg



Prep time    Cooking time    Servings



5m

25

10

## BASIC WHITE BREAD (1 LB LOAF/450 G)

This basic white bread is soft and fluffy with a light, tender crumb, making it perfect for sandwiches, toast, or simply enjoying with butter. The subtle sweetness and buttery aroma make it a versatile staple in any kitchen.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (180 ml)
- Milk (room temperature): 2 tablespoons (30 ml)
- Unsalted Butter (softened): 2 tablespoons (28 g)
- Salt: 1 teaspoon (5 g)
- Sugar: 1 tablespoon (12 g)
- Bread Flour: 2 cups (260 g)
- Instant Yeast: 1 teaspoon (3 g)

### Optional Ingredients for Flavor:

- Honey: 1 tablespoon (21 g) for a sweeter loaf
- Dry Milk Powder: 1 tablespoon (8 g) for a creamier texture

- Add Liquids First:** Pour water and milk into the bread machine pan. Add softened unsalted butter.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Add sugar. If using, add honey for additional sweetness and dry milk powder for a creamier texture.
- Add Flour:** Carefully add bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select your preferred crust color: "Light," "Medium," or "Dark." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 130
- Protein: 4 g
- Carbohydrates: 24 g
- Fats: 3 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10 m

3 1/2 h

10

## WHOLE WHEAT BREAD (1 LB LOAF/450 G)

This whole wheat bread offers a nutty, wholesome flavor with a slightly sweet undertone, thanks to the addition of honey. The texture is hearty yet soft, with a tender crumb that makes it perfect for sandwiches or as a nutritious accompaniment to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (180 ml)
- Honey: 2 tablespoons (42 g)
- Olive Oil: 2 tablespoons (30 ml)
- Salt: 1 teaspoon (5 g)
- Whole Wheat Flour: 2 cups (240 g)
- Vital Wheat Gluten (optional for improved texture): 1 tablespoon (8 g)
- Instant Yeast: 1 1/2 teaspoons (4 g)

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (18 g) for added crunch
- Flaxseeds: 1 tablespoon (10 g) for extra fiber

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil or melted butter.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add whole wheat flour to the pan. Include a tablespoon of vital wheat gluten for a softer texture, as whole wheat flour can be denser.
- Add Sweetener:** Add a touch of honey, molasses, or brown sugar to enhance the flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** Mix in sunflower seeds, or flaxseeds for additional texture and nutrition. A small amount of rolled oats can also be sprinkled on top for a rustic look.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select your preferred crust color: "Medium" or "Dark." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the loaf out onto a wire rack to cool completely before slicing.

- Calories: 140
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 3 g
- Fiber: 2 g
- Cholesterol: 5 mg
- Sodium: 190 mg
- Potassium: 60 mg



Prep time    Cooking time    Servings



## HONEY OAT BREAD (1 LB LOAF/450 G)

This honey oat bread is delightfully soft and slightly sweet, with a wholesome, nutty flavor from the oats. The texture is tender yet hearty, making it perfect for breakfast toast or as a base for sandwiches. The subtle honey aroma adds a comforting warmth to each slice.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (180 ml)
- Honey: 2 tablespoons (42 g)
- Unsalted Butter (softened): 2 tablespoons (28 g)
- Salt: 1 teaspoon (5 g)
- Rolled Oats: 1/2 cup (45 g)
- Bread Flour: 2 cups (260 g)
- Instant Yeast: 1 teaspoon (3 g)

### Optional Ingredients for Flavor:

- Cinnamon: 1/2 teaspoon (1 g) for a warm spice note
- Chopped Nuts (e.g., walnuts or pecans): 2 tablespoons (15 g) for added crunch

- Add Liquids First:** Pour warm water into the bread machine pan. Add honey and softened unsalted butter.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Add rolled oats. Carefully add bread flour to the pan. If using, add cinnamon for a warm spice note.
- Add Optional Ingredients:** If desired, add chopped nuts for additional texture and flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "Whole Wheat" bread setting, depending on your machine. Select the preferred crust color for a soft, golden finish. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the loaf out onto a wire rack to cool completely before slicing.

- Calories: 120
- Protein: 3 g
- Carbohydrates: 23 g
- Fats: 0.5 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 40 mg



Prep time    Cooking time    Servings



## FRENCH BREAD (1 LB LOAF/450 G)

This French bread is characterized by its crisp, golden crust and soft, airy interior, offering a classic taste with a subtle hint of sweetness. The texture is light and chewy, making it ideal for sandwiches, dipping in soups, or enjoying with a spread of butter.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (180 ml)
- Salt: 1 teaspoon (5 g)
- Sugar: 1 teaspoon (4 g)
- Bread Flour: 2 cups (260 g)
- Instant Yeast: 1 teaspoon (3 g)

### Optional Ingredients for Flavor:

- Olive Oil: 1 tablespoon (15 ml) for a softer crust
- Herbs de Provence: 1 teaspoon (1 g) for a fragrant twist

- Add Liquids First:** Pour water into the bread machine pan. If using, add olive oil for a softer crust.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Add sugar. Carefully add bread flour to the pan. If using, add Herbs de Provence for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "French" bread setting if available, or the "Basic" setting. Select the preferred crust color for a traditional French bread crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the loaf cool in the pan for about 10 minutes. Turn it out onto a wire rack to cool completely before slicing.

- Calories: 110
- Protein: 3 g
- Carbohydrates: 18 g
- Fats: 3 g
- Fiber: 1 g
- Cholesterol: 20 mg
- Sodium: 150 mg
- Potassium: 40 mg



Prep time



Cooking time



Servings



## SOFT DINNER ROLLS (1 LB LOAF/450 G)

These soft dinner rolls are delightfully fluffy and tender, with a subtle buttery flavor that melts in your mouth. Their light, airy texture makes them perfect for accompanying any meal, from holiday feasts to everyday dinners. The slight sweetness enhances their versatility, making them a favorite for both savory and sweet toppings.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (120 ml)
- Water (warm): 1/4 cup (60 ml)
- Unsalted Butter (softened): 2 tablespoons (28 g)
- Egg: 1 large (50 g)
- Sugar: 2 tablespoons (25 g)
- Salt: 1 teaspoon (5 g)
- Bread Flour: 2 1/4 cups (295 g)
- Instant Yeast: 1 1/2 teaspoons (4 g)

### Optional Ingredients for Flavor:

- Honey: 1 tablespoon (21 g) for a sweeter roll
- Garlic Powder: 1/2 teaspoon (1 g) for a savory twist

- Add Liquids First:** Pour warm milk and warm water into the bread machine pan. Add softened unsalted butter and cracked eggs.
- Add Dry Ingredients:** Sprinkle sugar and salt evenly over the liquid. Carefully add bread flour to the pan. If using, add honey for a sweeter roll or garlic powder for a savory twist.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Dough" setting on your bread machine. Start the machine.
- Shaping and Baking:** Once the dough cycle is complete, remove the dough from the machine and place it on a lightly floured surface. Divide the dough into equal pieces and shape each piece into a ball. Place the rolls in a greased baking dish, cover with a clean towel, and let them rise in a warm place until doubled in size.
- Preheat and Bake:** Preheat your oven. Bake the rolls until golden brown.
- Post-Baking Instructions:** Remove the rolls from the oven and let them cool slightly before serving.

- Calories: 130
- Protein: 4 g
- Carbohydrates: 23 g
- Fats: 3 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 80 mg



Prep time



Cooking time



Servings



## COUNTRY FARMHOUSE BREAD (1 LB/450 G)

This country farmhouse bread is rustic and hearty, with a delightful crust and a soft, chewy interior. The combination of whole wheat and bread flour gives it a rich, nutty flavor, while a touch of honey adds a subtle sweetness. It's perfect for sandwiches, toast, or as an accompaniment to soups and stews.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Honey: 1 tablespoon (0.75 oz) [21 g]
- Olive Oil: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Whole Wheat Flour: 1 cup (4 oz) [120 g]
- Bread Flour: 1 cup (4.5 oz) [135 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (0.5 oz) [15 g] for added texture
- Dried Herbs (e.g., rosemary or thyme): 1 teaspoon (0.1 oz) [1 g] for a fragrant twist

- Add Liquids First:** Pour warm water into the bread machine pan. Add honey and melted butter.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour and whole wheat flour to the pan.
- Add Optional Ingredients:** If desired, add dried herbs and sunflower seeds for texture and flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "Whole Wheat" bread setting, depending on your machine. Select the preferred crust color for a rustic finish. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the loaf out onto a wire rack to cool completely before slicing.

- Calories: 140
- Protein: 4 g
- Carbohydrates: 24 g
- Fats: 3 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 190 mg
- Potassium: 50 mg



Prep time    Cooking time    Servings



10m



2h



10

## BUTTERMILK BREAD (1 LB LOAF/450 G)

This buttermilk bread is wonderfully soft and slightly tangy, with a rich, buttery flavor that makes it perfect for sandwiches or toast. The buttermilk adds a subtle creaminess to the crumb, while the crust is light and golden. It's a versatile loaf that pairs well with both sweet and savory toppings.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Buttermilk (warm): 3/4 cup (6 oz) [180 ml]
- Unsalted Butter (softened): 2 tablespoons (1 oz) [28 g]
- Sugar: 2 tablespoons (1 oz) [25 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Honey: 1 tablespoon (0.75 oz) [21 g] for added sweetness
- Chopped Nuts (e.g., pecans or walnuts): 2 tablespoons (0.5 oz) [15 g] for texture

- Add Liquids First:** Pour buttermilk and warm water into the bread machine pan. Add melted unsalted butter.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan.
- Add Optional Ingredients:** If using, add honey for a touch of sweetness and dry milk powder for a richer flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Light" or "Medium" crust color preference for a soft, golden crust and start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan. Let the bread cool in the pan for about 10 minutes, then transfer to a wire rack to cool completely before slicing.

- Calories: 130
- Protein: 4 g
- Carbohydrates: 23 g
- Fats: 3 g
- Fiber: 1 g
- Cholesterol: 1 mg
- Sodium: 190 mg
- Potassium: 50 mg



Prep time    Cooking time    Servings



10m



2h



10

## SOURDOUGH-STYLE BREAD (NO STARTER REQUIRED) (1 LB LOAF/450 G)

This sourdough-style bread offers a tangy flavor reminiscent of traditional sourdough, achieved without the need for a starter. The crust is crisp and golden, while the interior is soft and chewy, making it perfect for sandwiches or as a side to soups and stews. The addition of yogurt and vinegar provides the characteristic sourdough tang, making this recipe both simple and satisfying.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Plain Yogurt: 1/4 cup (2 oz) [60 g]
- White Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Olive Oil: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Caraway Seeds: 1 teaspoon (0.1 oz) [2 g] for a traditional touch
- Dried Onion Flakes: 1 tablespoon (0.2 oz) [5 g] for added flavor

- Add Liquids First:** Pour water and plain yogurt into the bread machine pan. Add white vinegar and olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add caraway seeds for a traditional touch or dried onion flakes for added flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast. Ensure the yeast does not come into contact with the liquid ingredients.
- Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional sourdough crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the loaf out onto a wire rack to cool completely before slicing.

- Calories: 140
- Protein: 4 g
- Carbohydrates: 24 g
- Fats: 3 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 190 mg
- Potassium: 60 mg



Prep time    Cooking time    Servings



20m

35

10

## POTATO BREAD (1 LB LOAF/450 G)

This potato bread is incredibly soft and moist, with a subtle sweetness and a rich, buttery flavor. The addition of mashed potatoes gives the bread a tender crumb and a slightly chewy texture, making it perfect for sandwiches or as a side to hearty meals. Its golden crust and pillowy interior make it a delightful treat for any occasion.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Mashed Potatoes (plain, no butter or milk): 1/2 cup (4 oz) [120 g]
- Unsalted Butter (softened): 2 tablespoons (1 oz) [28 g]
- Sugar: 2 tablespoons (1 oz) [25 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Chives: 1 tablespoon (0.1 oz) [3 g] for a savory touch
- Garlic Powder: 1/2 teaspoon (0.1 oz) [1 g] for added flavor

- Add Liquids First:** Pour water into the bread machine pan. Add mashed potatoes and softened unsalted butter.
- Add Dry Ingredients:** Sprinkle sugar and salt evenly over the liquid. Carefully add bread flour to the pan.
- Add Optional Ingredients:** If using, add chives or garlic powder for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Light" or "Medium" crust color preference for a soft, golden crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 130
- Protein: 4 g
- Carbohydrates: 24 g
- Fats: 2 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10m

35

10

## RYE BREAD (1 LB LOAF/450 G)

This rye bread is rich and hearty, with a distinctive earthy flavor and a slightly dense texture that is characteristic of traditional rye loaves. The addition of caraway seeds provides a classic aromatic touch, enhancing the bread's robust taste. Perfect for sandwiches or as a side to soups and stews, this rye bread is both flavorful and versatile.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Molasses: 2 tablespoons (1.5 oz) [42 g]
- Olive Oil: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Caraway Seeds (optional): 1 teaspoon (0.1 oz) [2 g]
- Rye Flour: 1 cup (3.5 oz) [100 g]
- Bread Flour: 1 cup (4.5 oz) [135 g]
- Vital Wheat Gluten (optional for improved texture): 1 tablespoon (0.4 oz) [8 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

- Add Liquids First:** Pour water into the bread machine pan. Add molasses and olive oil.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. If using, add caraway seeds for additional flavor. Carefully add rye flour and bread flour to the pan. If using, add vital wheat gluten for improved texture.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional rye bread crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fat: 5 g
- Fiber: 1 g
- Cholesterol: 30 mg
- Sodium: 220 mg
- Potassium: 80 mg



Prep time    Cooking time    Servings



10m

25-30m

10

## CORNBREAD (1 LB LOAF/450 G)

This cornbread is delightfully moist and slightly sweet, with a rich, buttery flavor and a tender crumb. The cornmeal adds a subtle grainy texture that complements the soft interior, making it perfect as a side dish for chili, soups, or barbecues. Its golden crust and warm, comforting taste make it a favorite for any occasion.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk: 1/2 cup (4 oz) [120 ml]
- Egg: 1 large (2 oz) [50 g]
- Unsalted Butter (melted): 2 tablespoons (1 oz) [28 g]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Cornmeal: 1 cup (5 oz) [140 g]
- All-Purpose Flour: 1 cup (4.5 oz) [130 g]
- Baking Powder: 1 tablespoon (0.5 oz) [12 g]

### Optional Ingredients for Flavor:

- Chopped Jalapeños: 2 tablespoons (1 oz) [15 g] for a spicy kick
- Shredded Cheddar Cheese: 1/2 cup (2 oz) [56 g] for a cheesy flavor

- Add Liquids First:** Pour milk into the bread machine pan. Add egg and melted unsalted butter.
- Add Dry Ingredients:** Add honey and salt. Carefully add cornmeal and all-purpose flour to the pan. Add baking powder.
- Add Optional Ingredients:** If using, add chopped jalapeños or shredded cheddar cheese for additional flavor.
- Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a soft, golden crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the cornbread cool in the pan for about 10 minutes. Turn the cornbread out onto a wire rack to cool completely before slicing.

- Calories: 130
- Protein: 4 g
- Carbohydrates: 22 g
- Fat: 1 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 40 mg



Prep time    Cooking time    Servings



10m

3h

10

## RUSTIC ITALIAN BREAD (1 LB LOAF/450 G)

This rustic Italian bread is characterized by its crisp, golden crust and soft, airy interior, offering a delightful chewiness with every bite. The subtle olive oil flavor adds a touch of richness, making it perfect for dipping in olive oil and balsamic vinegar or serving alongside pasta dishes. Its rustic appearance and hearty texture make it a versatile addition to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 teaspoon (0.2 oz) [4 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Dried Rosemary: 1 teaspoon (0.1 oz) [1 g] for a fragrant touch
- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add dried rosemary or grated Parmesan cheese for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional Italian bread crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 5 g
- Carbohydrates: 25 g
- Fats: 7 g
- Fiber: 1 g
- Cholesterol: 55 mg
- Sodium: 190 mg
- Potassium: 50 mg



## BROCHE-STYLE BREAD (1 LB LOAF/450 G)

This broche-style bread is rich and buttery, with a soft, tender crumb that melts in your mouth. Its slightly sweet flavor makes it perfect for breakfast toast, French toast, or as a luxurious sandwich bread. The golden crust and delicate texture are achieved effortlessly with the help of a bread machine, making this an accessible recipe for any home baker.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (4 oz) [100 g]
- Unsalted Butter (softened): 1/4 cup (2 oz) [56 g]
- Sugar: 3 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml] for a sweet aroma
- Orange Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note

- 1. Add Liquids First:** Pour milk into the bread machine pan. Add eggs and softened unsalted butter.
- 2. Add Dry Ingredients:** Sprinkle sugar and salt evenly over the liquid. Carefully add bread flour to the pan. If using, add vanilla extract or orange zest for additional flavor.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Select Bread Machine Settings:** Choose the "Sweet" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a soft, golden crust. Start the machine.
- 5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 190 mg
- Potassium: 60 mg



## OLD-FASHIONED MILK BREAD (1 LB LOAF/450 G)

This old-fashioned milk bread is wonderfully soft and slightly sweet, with a rich, creamy flavor that comes from the milk. Its tender crumb and light, fluffy texture make it perfect for sandwiches, toast, or simply enjoying with butter.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 teaspoon (0.2 oz) [4 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Dried Rosemary: 1 teaspoon (0.1 oz) [1 g] for a fragrant touch
- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness

- 1. Add Liquids First:** Pour whole milk into the bread machine pan. Add softened unsalted butter.
- 2. Add Dry Ingredients:** Sprinkle sugar and salt evenly over the liquid. Carefully add bread flour to the pan. If using, add vanilla extract or honey for additional flavor.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Light" or "Medium" crust color preference for a soft, golden crust. Start the machine.
- 5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 28 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 190 mg
- Potassium: 50 mg



Prep time    Cooking time    Servings



15m

3h-20m

10

## SWEET HAWAIIAN BREAD (1 LB /450 G)

This sweet Hawaiian bread is delightfully soft and fluffy, with a subtle sweetness and a hint of tropical flavor from pineapple juice. The buttery, tender crumb makes it perfect for breakfast toast, sandwiches, or as a sweet accompaniment to any meal. Its golden crust and rich, aromatic interior are effortlessly achieved with the help of a bread machine.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Pineapple Juice (warm): 1/2 cup (4 oz) [120 ml]
- Whole Milk (warm): 1/4 cup (2 oz) [60 ml]
- Unsalted Butter (softened): 2 tablespoons (1 oz) [28 g]
- Sugar: 3 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Coconut Extract: 1 teaspoon (0.2 oz) [5 ml] for a tropical twist
- Shredded Coconut: 2 tablespoons (0.5 oz) [15 g] for added texture

- 1. Add Liquids First:** Pour warm pineapple juice into the bread machine pan. Add melted butter or coconut oil, along with a beaten egg for richness.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour or a mix of bread and all-purpose flour to the pan.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Optional Ingredients:** You can enhance the tropical flavor with a pinch of ground ginger or cinnamon. A small amount of shredded coconut or diced pineapple can also be folded into the dough.
- 5. Select Bread Machine Settings:** Choose the "Sweet Bread" or "Basic" bread setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn it out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time    Cooking time    Servings



15m

5h-30m

8

## IRISH SODA BREAD (1 LB LOAF/450 G)

Irish Soda Bread has a tender, soft texture with a subtle crumb and a slightly crispy crust. The interior is light and airy, with a hint of density from the buttermilk and whole wheat flour. It pairs perfectly with hearty stews, such as Irish lamb stew or beef stew, and is also delicious toasted with butter and jam for a simple breakfast or snack.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Buttermilk: 1/2 cup (4 oz) [120 ml]
- Water: 1/4 cup (2 oz) [60 ml]
- Unsalted Butter, melted: 2 tablespoons (1 oz) [28 grams]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Baking Soda: 1 teaspoon [5 grams]
- Baking Powder (optional): 1 teaspoon [5 grams]

### Optional Ingredients for Flavor:

- Raisins or Currants: 1/4 cup (1.5 oz) [40 grams]
- Caraway Seeds: 1 teaspoon [2 grams]

- 1. Add Liquids First:** Pour the buttermilk and water into the bread machine pan. Add the melted butter and honey.
- 2. Add Dry Ingredients:** Sprinkle the salt over the liquid ingredients. Add the all-purpose flour, ensuring it covers the liquid completely. Sprinkle the baking soda.
- 3. Add Mix-Ins (Optional):** Include raisins or currants for a traditional touch. You can also add caraway seeds for a unique flavor twist.
- 4. Add Baking Powder (Optional):** If you prefer a lighter texture, add a pinch of baking powder along with the baking soda.
- 5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the loaf cool in the pan for about 10 minutes. Turn it out onto a wire rack to cool completely before slicing.

## Chapter 4: Specialty & Artisan Breads

THESE RECIPES WILL TAKE YOUR BREAD-MAKING SKILLS TO THE NEXT LEVEL, WITH UNIQUE FLAVOR COMBINATIONS, TEXTURES, AND TECHNIQUES. FROM CRUSTY BAGUETTES TO HEARTY SOURDOUGHS, THESE SPECIALTY AND ARTISAN BREADS WILL IMPRESS YOUR FRIENDS AND FAMILY

- Italian Herb & Garlic Bread
- Cinnamon Raisin Bread
- Cheddar Jalapeño Bread
- Sun-Dried Tomato & Basil Bread
- Rosemary Olive Oil Bread
- Parmesan Black Pepper Bread
- Caraway Rye Bread
- Walnut & Cranberry Bread
- Beer Bread
- Cheese & Onion Bread
- Multigrain Bread with Nuts and Seeds
- Focaccia with Caramelized Onions and Rosemary Bread
- Greek Olive & Feta Bread
- Pumpernickel Bread
- Pumpkin Seed Bread
- Roasted Garlic & Thyme Bread
- Spinach & Feta Bread
- Onion Dill Bread
- Italian Bread with Prosciutto and Parmesan
- Roasted Garlic and Saffron Bread with Pine Nuts
- Everything Bagel-Style Bread
- Sesame Seed Bread with Poppy Seeds and Garlic



- Calories: 150
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## ITALIAN HERB & GARLIC BREAD (1 LB LOAF /450 G)

This Italian Herb & Garlic Bread is bursting with savory flavors, thanks to a blend of aromatic herbs and garlic. The crust is perfectly crisp, while the interior remains soft and chewy, making it an ideal accompaniment to pasta dishes, soups, or as a flavorful sandwich base. The delightful aroma of herbs and garlic fills your kitchen as it bakes, showcasing the bread machine's ability to create complex flavors with ease.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Garlic Powder: 1 tablespoon (0.5 oz) [12 g]
- Dried Italian Herbs (e.g., basil, oregano, thyme): 2 teaspoons (0.2 oz) [4 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness
- Crushed Red Pepper Flakes: 1/2 teaspoon (0.05 oz) [1 g] for a spicy kick

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt, sugar, and garlic powder evenly over the liquid. Add dried Italian herbs. Carefully add bread flour to the pan.
- Add Optional Ingredients:** If using, add grated Parmesan cheese or crushed red pepper flakes for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional Italian bread crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 4 g
- Carbohydrates: 32 g
- Fats: 4 g
- Fiber: 2 g
- Cholesterol: 10 mg
- Sodium: 190 mg
- Potassium: 100 mg



## CINNAMON RAISIN BREAD (1 LB LOAF/450 G)

This cinnamon raisin bread is a delightful blend of sweet and spicy flavors, with plump raisins adding bursts of sweetness throughout. The soft, tender crumb is infused with aromatic cinnamon, making it perfect for breakfast toast or a sweet snack. The bread machine effortlessly creates a beautifully risen loaf with a golden crust and a fragrant, inviting aroma.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 1/2 cup (4 oz) [120 ml]
- Whole Milk (warm): 1/4 cup (2 oz) [60 ml]
- Unsalted Butter (softened): 2 tablespoons (1 oz) [28 g]
- Sugar: 3 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Ground Cinnamon: 1 1/2 teaspoons (0.15 oz) [3 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Raisins: 1/2 cup (3 oz) [85 g]

### Optional Ingredients for Flavor:

- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml] for added aroma
- Chopped Nuts (e.g., walnuts or pecans): 1/4 cup (1 oz) [30 g] for texture

- Add Liquids First:** Pour water and milk into the bread machine pan. Add softened unsalted butter.
- Add Dry Ingredients:** Sprinkle sugar, salt, and ground cinnamon evenly over the liquid. Carefully add bread flour to the pan. If using, add vanilla extract for additional aroma.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Mix-Ins:** Add raisins to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add chopped nuts for added texture.
- Select Bread Machine Settings:** Choose the "Sweet" or "Basic" bread setting, depending on your machine. Select the "Light" or "Medium" crust color preference for a soft, golden crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



Prep time    Cooking time    Servings



10m

25

10

## CHEDDAR JALAPEÑO BREAD (1 LB LOAF/450 G)

This Cheddar Jalapeño Bread is a delightful combination of spicy and savory flavors, with the heat of jalapeños perfectly balanced by the richness of cheddar cheese. The bread has a soft, moist crumb with a slightly crisp crust, making it an excellent choice for sandwiches, toast, or as a flavorful side to soups and stews.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Cheddar Cheese (shredded): 1 cup (4 oz) [115 g]
- Jalapeños (chopped, seeds removed for less heat): 1/4 cup (1 oz) [30 g]

### Optional Ingredients for Flavor:

- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for added depth
- Onion Powder: 1 teaspoon (0.1 oz) [2 g] for extra flavor

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add garlic powder and onion powder for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Mix-Ins:** Add cheddar cheese and jalapeños to the bread machine's fruit and nut dispenser, or add them manually when the machine's signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Basic" or "Basic Stuffed" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time    Cooking time    Servings



10m

35

10

## SUN-DRIED TOMATO & BASIL BREAD (1 LB LOAF/450 G)

This Sun-Dried Tomato & Basil Bread is a delightful fusion of Mediterranean flavors, with the tangy sweetness of sun-dried tomatoes perfectly complemented by the aromatic freshness of basil. The bread has a soft, moist crumb and a slightly chewy texture, making it ideal for sandwiches, bruschetta, or as a flavorful side to pasta dishes.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Sun-Dried Tomatoes (chopped): 1/3 cup (1.5 oz) [45 g]
- Dried Basil: 2 teaspoons (0.1 oz) [2 g]

### Optional Ingredients for Flavor:

- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness
- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for extra depth

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add garlic powder for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Tomatoes and Basil:** Add chopped sun-dried tomatoes and dried basil to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add grated Parmesan cheese for additional richness.
- Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## ROSEMARY OLIVE OIL BREAD (1 LB LOAF/450 G)

This Rosemary Olive Oil Bread is a fragrant and flavorful loaf, with the earthy aroma of rosemary perfectly complementing the rich, fruity notes of olive oil. The bread has a soft, chewy interior and a crisp, golden crust, making it ideal for dipping in olive oil, serving alongside soups, or crafting gourmet sandwiches.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Dried Rosemary: 2 teaspoons (0.1 oz) [2 g]

### Optional Ingredients for Flavor:

- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for added depth
- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for richness

- 1. Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add garlic powder for additional flavor.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add Rosemary:** Add dried rosemary to the bread machine's fruit and nut dispenser, or add it manually when the machine signals to add mix-ins. If using, add grated Parmesan cheese for additional richness.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 25 g
- Fats: 6 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 250 mg
- Potassium: 60 mg



## PARMESAN BLACK PEPPER BREAD (1 LB LOAF/450 G)

This Parmesan Black Pepper Bread combines the savory, nutty flavor of Parmesan cheese with the bold, spicy kick of freshly ground black pepper. The bread has a soft, airy interior and a crisp crust, making it an excellent choice for gourmet sandwiches, as a side to pasta dishes, or simply as a flavorful snack on its own.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Grated Parmesan Cheese: 1/2 cup (2 oz) [56 g]
- Freshly Ground Black Pepper: 1 teaspoon (0.1 oz) [2 g]

### Optional Ingredients for Flavor:

- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for added depth
- Chopped Fresh Herbs (e.g., rosemary or thyme): 1 tablespoon (0.2 oz) [5 g] for an aromatic twist

- 1. Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add garlic powder for additional flavor.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add Cheese and Pepper:** Add grated Parmesan cheese and freshly ground black pepper to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add chopped fresh herbs for an aromatic twist.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 140
- Protein: 4 g
- Carbohydrates: 25 g
- Fat: 3 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10m



3h/50m



10

## CARAWAY RYE BREAD (1 LB LOAF/450 G)

This Caraway Rye Bread is a classic loaf with a robust, earthy flavor and a hint of spice from caraway seeds. The combination of rye and bread flour gives it a hearty texture, while the caraway seeds add a distinctive aroma and taste that pairs perfectly with savory spreads and deli meats.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Molasses: 2 tablespoons (1.5 oz) [42 g]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Caraway Seeds: 1 tablespoon (0.3 oz) [8 g]
- Rye Flour: 1 cup (3.5 oz) [100 g]
- Bread Flour: 1 cup (4.5 oz) [135 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Dried Onion Flakes: 1 tablespoon (0.2 oz) [5 g] for added depth
- Cocoa Powder: 1 teaspoon (0.1 oz) [2 g] for color and richness

- 1. Add Liquids First:** Pour water into the bread machine pan. Add molasses and olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt, sugar, and caraway seeds evenly over the liquid. Carefully add rye flour and bread flour to the pan. If using, add dried onion flakes and cocoa powder for additional flavor and color.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional rye bread crust. Start the machine.
- 5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 190
- Protein: 5 g
- Carbohydrates: 30 g
- Fat: 7 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 80 mg



Prep time    Cooking time    Servings



10m



3h



10

## WALNUT & CRANBERRY BREAD (1 LB LOAF/450 G)

This Walnut & Cranberry Bread is a delightful blend of nutty and sweet flavors, with crunchy walnuts and tangy cranberries adding texture and bursts of flavor throughout. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for breakfast toast, sandwiches, or as a sweet snack.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 2 tablespoons (1 oz) [25 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Chopped Walnuts: 1/2 cup (2 oz) [60 g]
- Dried Cranberries: 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Orange Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note
- Cinnamon: 1 teaspoon (0.1 oz) [2 g] for warmth

- 1. Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add orange zest and cinnamon for additional flavor.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add Walnuts and Cranberries:** Add chopped walnuts and dried cranberries to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "Sweet" bread setting, depending on your machine. Select the "Light" or "Medium" crust color preference for a soft, golden crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 5 g
- Carbohydrates: 28 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



## BEER BREAD (1 LB LOAF/450 G)

This Beer Bread is a flavorful and hearty loaf with a subtle malty sweetness and a hint of bitterness from the beer. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for pairing with soups, stews, or as a base for sandwiches. The beer adds depth and complexity to the flavor, while the bread machine ensures a perfectly risen loaf with minimal effort.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Beer (room temperature): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 2 tablespoons (1 oz) [25 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Grated Cheddar Cheese: 1/2 cup (2 oz) [56 g] for a cheesy twist
- Chopped Fresh Herbs (e.g., rosemary or thyme): 1 tablespoon (0.2 oz) [3 g] for added aroma

- 1. Add Liquids First:** Pour beer into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add chopped fresh herbs for additional flavor.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add Cheese (Optional):** If using, add grated cheddar cheese to the bread machine's fruit and nut dispenser, or add it manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 190
- Protein: 6 g
- Carbohydrates: 27 g
- Fats: 6 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 220 mg
- Potassium: 70 mg



## CHEESE & ONION BREAD (1 LB LOAF/450 G)

This Cheese & Onion Bread is a savory delight, combining the rich, creamy flavor of cheese with the sweet, aromatic notes of onion. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a flavorful side to soups and stews.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Grated Cheddar Cheese: 1/2 cup (2 oz) [56 g]
- Dried Onion Flakes: 1/4 cup (0.5 oz) [15 g]

### Optional Ingredients for Flavor:

- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for added depth
- Chopped Fresh Chives: 1 tablespoon (0.2 oz) [3 g] for a fresh touch

- 1. Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add garlic powder for added depth.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add Cheese and Onion:** Add grated cheddar cheese and dried onion flakes to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add chopped fresh chives for a fresh touch.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 5 g
- Carbohydrates: 30 g
- Fats: 5 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 250 mg
- Potassium: 60 mg



Prep time 10m  
Cooking time 25-30m  
Servings 6

## FOCACCIA WITH CARAMELIZED ONIONS AND ROSEMARY BREAD (1 LB LOAF/450 G)

This Focaccia with Caramelized Onions and Rosemary is a savory delight, offering a soft, airy interior with a crisp, golden crust. The sweet, rich flavor of caramelized onions pairs beautifully with the aromatic rosemary, making it perfect as a side dish or a base for sandwiches.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 teaspoon (0.2 oz) [4 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Caramelized Onions: 1/2 cup (2 oz) [60 g]
- Fresh Rosemary (chopped): 1 tablespoon (0.2 oz) [3 g]

### Optional Ingredients for Flavor:

- Sea Salt Flakes for topping
- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Light" or "Medium" crust color preference. Start the machine.
- 5. Add Toppings:** When the machine signals to add mix-ins, add the caramelized onions and chopped rosemary. If your machine does not have a mix-in signal, add these ingredients at the beginning with the dry ingredients.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the focaccia cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 28 g
- Fats: 6 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 100 mg



Prep time 10m  
Cooking time 30-35m  
Servings 10

## MULTIGRAIN BREAD WITH NUTS AND SEEDS (1 LB LOAF/450 G)

This Multigrain Bread with Nuts and Seeds is a hearty and nutritious loaf, offering a rich, nutty flavor with a delightful crunch from the seeds and nuts. The bread has a dense, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a healthy snack.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Whole Wheat Flour: 1 cup (4.5 oz) [130 g]
- Bread Flour: 1 cup (4.5 oz) [130 g]
- Rolled Oats: 1/4 cup (1 oz) [30 g]
- Sunflower Seeds: 2 tablespoons (1 oz) [30 g]
- Chopped Walnuts: 2 tablespoons (1 oz) [30 g]
- Flaxseeds: 1 tablespoon (0.5 oz) [15 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Pumpkin Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

- 1. Add Liquids First:** Pour water into the bread machine pan. Add honey and olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add whole wheat flour and bread flour to the pan. Add rolled oats, sunflower seeds, chopped walnuts, and flaxseeds.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add Optional Ingredients:** If using, add chia seeds and pumpkin seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Whole Wheat" or "Multigrain" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 190
- Protein: 6 g
- Carbohydrates: 26 g
- Fats: 7 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 300 mg
- Potassium: 70 mg



Prep time 10m  
Cooking time 35  
Servings 10

## GREEK OLIVE & FETA BREAD (1 LB LOAF/450 G)

This Greek Olive & Feta Bread is a savory delight, combining the briny richness of olives with the creamy tang of feta cheese. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for serving with Mediterranean dishes, as a flavorful sandwich base, or simply enjoyed on its own.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Olive: 1 teaspoon (0.2 oz) [3 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Pitted Kalamata Olives (chopped): 1/2 cup (2 oz) [60 g]
- Feta Cheese (crumbled): 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Dried Oregano: 1 teaspoon (0.1 oz) [1 g] for added aroma
- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for extra depth

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add dried oregano and garlic powder for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Olives and Feta:** Add chopped Kalamata olives and crumbled feta cheese to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 28 g
- Fats: 3 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 120 mg



Prep time 10m  
Cooking time 1h 35m  
Servings 10

## PUMPERNICKEL BREAD (1 LB LOAF/450 G)

This Pumpernickel Bread is rich and hearty, with a deep, earthy flavor and a slightly sweet undertone from molasses. The dense, moist crumb is complemented by a chewy crust, making it perfect for sandwiches, toast, or as a flavorful accompaniment to soups and stews.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Molasses: 2 tablespoons (1.5 oz) [42 g]
- Vegetable Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Brown Sugar: 2 tablespoons (1 oz) [25 g]
- Unsweetened Cocoa Powder: 1 tablespoon (0.3 oz) [7 g]
- Caraway Seeds (optional): 1 teaspoon (0.1 oz) [2 g]
- Rye Flour: 1 cup (3.5 oz) [100 g]
- Bread Flour: 1 cup (4.5 oz) [135 g]
- Whole Wheat Flour: 1/2 cup (2.25 oz) [60 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

- Add Liquids First:** Pour water into the bread machine pan. Add molasses and vegetable oil.
- Add Dry Ingredients:** Sprinkle salt and brown sugar evenly over the liquid. Add unsweetened cocoa powder and, if using, caraway seeds. Carefully add rye flour, bread flour, and whole wheat flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional pumpernickel crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 190
- Protein: 7 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 300 mg
- Potassium: 80 mg



## ITALIAN BREAD WITH PROSCIUTTO AND PARMESAN (1 LB LOAF/450 G)

This Italian Bread with Prosciutto and Parmesan is a savory delight, combining the rich, salty flavors of prosciutto with the nutty taste of Parmesan cheese. The bread has a soft, airy crumb and a crisp, golden crust, making it perfect for sandwiches, appetizers, or as a flavorful accompaniment to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 teaspoon (0.2 oz) [4 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Prosciutto (chopped): 1/4 cup (1 oz) [30 g]
- Grated Parmesan Cheese: 1/4 cup (1 oz) [30 g]

### Optional Ingredients for Flavor:

- Dried Oregano: 1 teaspoon (0.1 oz) [1 g] for an Italian touch
- Crushed Red Pepper Flakes: 1/2 teaspoon (0.05 oz) [1 g] for a spicy kick

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Prosciutto and Parmesan:** Add chopped prosciutto and grated Parmesan cheese to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add dried oregano and crushed red pepper flakes for additional flavor.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional Italian bread crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 25 g
- Fats: 6 g
- Fiber: 1 g
- Cholesterol: 10 mg
- Sodium: 250 mg
- Potassium: 70 mg



## SPINACH & FETA BREAD (1 LB LOAF/450 G)

This Spinach & Feta Bread is a savory delight, combining the earthy flavor of spinach with the creamy tang of feta cheese. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a flavorful accompaniment to Mediterranean dishes.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Fresh Spinach (chopped): 1 cup (1.5 oz) [45 g]
- Feta Cheese (crumbled): 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Dried Oregano: 1 teaspoon (0.1 oz) [1 g] for added aroma
- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for extra depth

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add dried oregano and garlic powder for additional flavor.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Spinach and Feta:** Add the chopped spinach and crumbled feta cheese to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fat: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## ONION DILL BREAD (1 LB LOAF/450 G)

This Onion Dill Bread is a savory delight, combining the sweet, aromatic flavor of onions with the fresh, herbaceous notes of dill. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a flavorful accompaniment to soups and salads.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Dried Onion Flakes: 1/4 cup (0.5 oz) [15 g]
- Dried Dill Weed: 1 tablespoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Garlic Powder: 1 teaspoon (0.1 oz) [2 g] for added depth
- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for richness

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add garlic powder for additional depth.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Onion and Dill:** Add dried onion flakes and dried dill weed to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add grated Parmesan cheese for additional richness.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fat: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## ROASTED GARLIC & THYME BREAD (1 LB /450 G)

This Roasted Garlic & Thyme Bread is a savory delight, featuring the rich, mellow flavor of roasted garlic paired with the earthy aroma of thyme. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a flavorful accompaniment to soups and stews.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Roasted Garlic (mashed): 2 tablespoons (1 oz) [28 g] (about 1 head of garlic)
- Dried Thyme: 1 teaspoon (0.1 oz) [1 g]

### Optional Ingredients for Flavor:

- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness
- Crushed Red Pepper Flakes: 1/2 teaspoon (0.05 oz) [1 g] for a hint of heat

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. Add dried thyme for its fragrant, earthy flavor.
- Add Roasted Garlic:** Add roasted garlic cloves to the bread machine's fruit and nut dispenser, or manually fold them into the dough when the machine signals to include mix-ins.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** For extra flavor, include grated Parmesan cheese or a sprinkle of cracked black pepper.
- Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select your crust color preference: "Medium" or "Dark." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the loaf cool in the pan for about 10 minutes. Turn it out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 5 g
- Carbohydrates: 28 g
- Fats: 6 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Potassium: 80 mg



## PUMPKIN SEED BREAD (1 LB LOAF/450 G)

This Pumpkin Seed Bread is a delightful blend of nutty and earthy flavors, with the crunch of pumpkin seeds adding texture to every bite. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a flavorful accompaniment to soups and salads.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Bread Flour: 2 cups (9 oz) [255 g]
- Whole Wheat Flour: 1/4 cup (1 oz) [30 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Pumpkin Seeds: 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [15 g] for added texture
- Cinnamon: 1/2 teaspoon (0.05 oz) [1 g] for a hint of warmth

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add whole wheat flour and bread flour to the pan. If using, add cinnamon or nutmeg for additional warmth.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Pumpkin Seeds:** Add pumpkin seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add sunflower seeds for extra texture.
- Select Bread Machine Settings:** Choose the "Basic" or "Whole Wheat" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 5 g
- Carbohydrates: 27 g
- Fats: 5 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 20 mg



## ROASTED GARLIC AND SAFFRON BREAD WITH PINE NUTS (1 LB LOAF/450 G)

This aromatic bread features the sweet and savory depth of roasted garlic intertwined with the delicate earthiness of saffron, while the nutty crunch of pine nuts adds an enjoyable texture. Its soft and fluffy interior coupled with a golden crust makes it a perfect choice for gourmet bruschetta or an accompaniment to savory dishes.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Olive oil: 2 tablespoons [30 ml]
- Saffron threads: a pinch [0.2 g]
- Roasted garlic, mashed: 3 cloves [15 g]
- Bread flour: 2 1/4 cups [270 g]
- Sugar: 1 tablespoon [12 g]
- Salt: 1 teaspoon [5 g]
- Pine nuts: 1/4 cup [30 g]
- Active dry yeast: 1 1/4 teaspoons [3.5 g]

### Optional Ingredients for Flavor:

- Fresh rosemary, chopped: 1 teaspoon [1 g] for an added herbal note
- Grated Parmesan cheese: 2 tablespoons [10 g] for richer flavor

- Prepare Garlic:** Roast the garlic by wrapping it in foil and baking at 375F (190C) until soft and golden. Once cooled, mash the garlic into a paste.
- Activate Saffron:** In a small bowl, dissolve saffron threads in the warm water and let it sit for a few minutes to release its color and aroma.
- Add Liquids First:** Pour water into the bread machine pan. Add olive oil and the saffron mixture.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan. If using, add a pinch of black pepper for additional depth.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Roasted Garlic and Pine Nuts:** Add mashed roasted garlic and pine nuts to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add grated Parmesan cheese for extra richness.
- Select Bread Machine Settings:** Choose the "Basic" or "Basic Stuffed" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional golden crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 5 g
- Carbohydrates: 27 g
- Fats: 5 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 60 mg



## EVERYTHING BAGEL-STYLE BREAD (1 LB LOAF/450 G)

This Everything Bagel-Style Bread captures the savory, aromatic flavors of a classic everything bagel, with a delightful blend of garlic, onion, sesame seeds, and poppy seeds. The bread has a soft, chewy crumb and a slightly crisp crust, making it perfect for sandwiches, toast, or as a flavorful accompaniment to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [3 g]
- Sugar: 1 tablespoon (0.5 oz) [12 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]
- Everything Bagel Seasoning: 3 tablespoons (0.6 oz) [18 g]

### Optional Ingredients for Flavor:

- Grated Parmesan Cheese: 2 tablespoons (0.5 oz) [15 g] for added richness
- Chopped Fresh Chives: 1 tablespoon (0.2 oz) [3 g] for a fresh touch

- Add Liquids First:** Pour water into the bread machine pan. Add olive oil.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Everything Bagel Seasoning:** Add everything bagel seasoning to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add grated Parmesan cheese for extra richness and chopped fresh chives for a fresh touch.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## SESAME SEED BREAD WITH POPPY SEEDS AND GARLIC (1 LB LOAF/450 G)

This delightful bread combines the nutty flavor of sesame seeds with the subtle crunch of poppy seeds and a hint of garlic, creating a savory loaf that's perfect for sandwiches or as a side to your favorite meal. The bread's texture is soft and airy, with a slightly chewy crust that adds to its appeal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Olive oil: 2 tablespoons [30 ml]
- Honey: 1 tablespoon [15 ml]
- Salt: 1 teaspoon [5 g]
- Garlic powder: 1 teaspoon [5 g]
- Bread flour: 2 1/4 cups [270 g]
- Sesame seeds: 2 tablespoons [18 g]
- Poppy seeds: 1 tablespoon [9 g]
- Active dry yeast: 1 1/4 teaspoons [3.5 g]

### Optional Ingredients for Flavor:

- Dried herbs (such as oregano or thyme): 1 teaspoon [1 g] for added flavor
- Grated Parmesan cheese: 2 tablespoons [10 g] for a cheesy twist

- Add Liquids:** Pour water into the bread machine pan. Add olive oil and honey.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Seeds and Garlic:** Add sesame seeds, poppy seeds, and granulated garlic to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add dried herbs and Parmesan for additional texture and flavor.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

# Chapter 5: Healthy & Dietary-Friendly Breads

THESE RECIPES WILL ALLOW YOU TO CREATE NUTRITIOUS AND DELICIOUS BREADS THAT ALIGN WITH YOUR HEALTH GOALS AND PREFERENCES, WHILE ALSO SAVE YOU MONEY AND LET YOU ENJOY THE CONVENIENCE OF FRESHLY BAKED BREAD AT HOME

- Low-Carb Keto Bread
- High-Fiber Multigrain Bread
- Dairy-Free Bread
- Oat Flour Bread
- Gluten-Free Basic White Bread
- Gluten-Free Whole Grain Bread
- Egg-Free Vegan Bread
- Quinoa & Chia Seed Bread
- Spelt Bread
- Flaxseed & Sunflower Bread
- Buckwheat Bread
- Sprouted Grain Bread
- Almond Flour Bread (Keto-Friendly)
- Coconut Flour Bread (Paleo-Friendly)
- Lentil & Chickpea Flour Bread
- No-Sugar Whole Wheat Bread
- Zucchini & Carrot Bread
- Sourdough-Style Fermented Bread (Gut-Friendly)
- Brown Rice Flour Bread
- Protein-Packed Seeded Bread



- Calories: 180
- Protein: 6 g
- Carbohydrates: 4 g
- Fats: 15 g
- Fiber: 2 g
- Cholesterol: 70 mg
- Sodium: 150 mg
- Potassium: 50 mg



## LOW-CARB KETO BREAD (1 LB LOAF/450 G)

This Low-Carb Keto Bread is a delicious alternative for those following a ketogenic diet, offering a soft, dense texture with a subtle nutty flavor. It's perfect for sandwiches, toast, or as a side to your favorite low-carb meals.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Eggs: 4 large (7 oz) [200 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Water: 1/4 cup (2 oz) [60 ml]
- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Almond Flour: 1 1/2 cups (6 oz) [170 g]
- Coconut Flour: 1/4 cup (1 oz) [28 g]
- Baking Powder: 1 tablespoon (0.5 oz) [12 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Xanthan Gum: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

- Add Liquids First:** Crack eggs into the bread machine pan. Pour warm water, add melted unsalted butter and apple cider vinegar.
- Add Dry Ingredients:** Sprinkle baking powder, salt and xanthan gum evenly over the liquid. Carefully add almond and coconut flour to the pan.
- Add optional Ingredients:** If using, add chia and sunflower seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 28 g
- Fats: 6 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 100 mg



## HIGH-FIBER MULTIGRAIN BREAD (1 LB/450 G)

This High-Fiber Multigrain Bread is a hearty and nutritious loaf, packed with a variety of grains and seeds that provide a delightful texture and a nutty, wholesome flavor. The bread has a soft, moist crumb with a slightly chewy crust, making it perfect for sandwiches, toast, or as a healthy accompaniment to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Whole Wheat Flour: 1 cup (4.5 oz) [130 g]
- Bread Flour: 1 cup (4.5 oz) [130 g]
- Rolled Oats: 1/4 cup (1 oz) [30 g]
- Flaxseeds: 2 tablespoons (1 oz) [15 g]
- Sunflower Seeds: 2 tablespoons (1 oz) [15 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Pumpkin Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

- Add Liquids First:** Pour water into the bread machine pan. Add honey and olive oil.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add whole wheat flour and bread flour to the pan. Add rolled oats, flaxseeds, and sunflower seeds.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Optional Ingredients:** If using, add chia seeds, or pumpkin seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Multigrain" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a hearty texture. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## DAIRY-FREE BREAD (1 LB LOAF/450 G)

This Dairy-Free Bread is light and fluffy, with a subtle sweetness and a soft, tender crumb. It's perfect for those who are lactose intolerant or prefer a dairy-free diet, offering a versatile base for sandwiches, toast, or as a side to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Sugar: 2 tablespoons (1 oz) [25 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil or any neutral dairy-free oil (e.g., sunflower oil).
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** For added flavor, include chia seeds, or sunflower seeds.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 25 g
- Fats: 4 g
- Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 180 mg
- Potassium: 50 mg



## OAT FLOUR BREAD (1 LB LOAF/450 G)

This oat flour bread offers a mild, nutty flavor with a slightly sweet undertone, making it a versatile choice for both savory and sweet toppings. The texture is soft and tender, with a hearty crumb that holds up well for sandwiches or toasting.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 3/4 cup (6 oz) [180 ml]
- Milk: 1/4 cup (2 oz) [60 ml]
- Olive oil: 2 tablespoons [30 ml]
- Honey: 2 tablespoons [30 ml]
- Salt: 1 teaspoon [5 g]
- Oat flour: 1 1/2 cups [180 g]
- Bread flour: 1 cup [120 g]
- Rolled oats: 1/4 cup [20 g]
- Active dry yeast: 1 1/4 teaspoons [3.5 g]

### Optional Ingredients for Flavor:

- Chia seeds: 1 tablespoon [12 g] for added texture and nutrition
- Sunflower seeds: 2 tablespoons [18 g] for a nutty crunch

- Add Liquid Ingredients:** Pour the water and milk into the bread machine pan. Add the olive oil and honey.
- Add Dry Ingredients:** Sprinkle the salt over the liquid. Add the oat flour and bread flour, ensuring they cover the liquid completely. Sprinkle the rolled oats over the flour.
- Add Optional Ingredients:** If using, add the chia seeds and sunflower seeds at this stage.
- Add Yeast:** Make a small well in the center of the flour and add the active dry yeast. Ensure the yeast does not come into contact with the liquid ingredients.
- Select Settings:** Close the lid and select the "Basic" or "White Bread" setting on your bread machine. Choose your preferred crust color (light, medium, or dark).
- Start the Machine:** Press start and let the bread machine do its work. The cycle should take approximately 3 hours.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 2 g
- Cholesterol: 15 mg
- Sodium: 200 mg
- Potassium: 60 mg



## GLUTEN-FREE BASIC WHITE BREAD (1 LB LOAF/450 G)

This Gluten-Free Bread is soft and tender, with a slightly chewy texture and a mild, nutty flavor. It's perfect for those who need to avoid gluten but still want to enjoy a delicious, homemade loaf.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Warm Water: 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Apple Cider Vinegar: 1 teaspoon (0.2 oz) [5 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Gluten-Free All-Purpose Flour Blend: 2 cups (8.5 oz) [240 g]
- Xanthan Gum: 1 teaspoon (0.1 oz) [3 g] (if not included in the flour blend)
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Flaxseed: 2 tablespoons (1 oz) [30 g] for a nutty crunch

- Add Liquids First:** Pour water into the bread machine pan. Add vegetable oil, apple cider vinegar, honey, and lightly beaten eggs.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add the gluten-free flour blend to the pan. Add xanthan gum for improved texture.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** Add flaxseed, or chia seeds, for extra texture and nutritional value.
- Select Bread Machine Settings:** Choose the "Gluten-Free" or "Basic" bread setting, depending on your machine. Select the "Medium" crust color preference for a soft, golden crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 5 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 3 g
- Cholesterol: 35 mg
- Sodium: 200 mg
- Potassium: 60 mg



## GLUTEN-FREE WHOLE GRAIN BREAD (1 LB LOAF/450 G)

This Gluten-Free Whole Grain Bread is hearty and flavorful, with a nutty taste and a slightly chewy texture. It's perfect for those who need to avoid gluten but still want to enjoy a nutritious, homemade loaf.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Warm Water: 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Gluten-Free Whole Grain Flour Blend: 2 cups (8.5 oz) [240 g]
- Xanthan Gum: 1 teaspoon (0.1 oz) [3 g] (if not included in the flour blend)
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia seeds: 1 tablespoon [12 g] for added texture
- Sunflower seeds: 2 tablespoons (1 oz) [30 g] for a nutty crunch

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil, apple cider vinegar, honey, and lightly beaten eggs.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add a mix of gluten-free whole grain flour blend and xanthan gum for structure.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** Add chia, or sunflower seeds for extra texture and nutritional value.
- Select Bread Machine Settings:** Choose the "Gluten-Free" or "Basic" setting, depending on your machine. Select your preferred crust color: "Medium." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 27 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 50 mg



## EGG-FREE VEGAN BREAD (1 LB LOAF/450 G)

This Vegan Bread is light and fluffy, with a subtle sweetness and a soft, tender crumb. It's perfect for those following a plant-based diet, offering a versatile base for sandwiches, toast, or as a side to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Maple Syrup: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (95 oz) [270 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil and maple syrup.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** If using, add chia seeds and sunflower seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 80 mg



## QUINOA & CHIA SEED BREAD (1 LB LOAF/450 G)

This Quinoa & Chia Seed Bread is a nutritious and hearty loaf, offering a delightful nutty flavor with a slightly chewy texture. The combination of quinoa and chia seeds provides a boost of protein and fiber, making it a healthy choice for sandwiches, toast, or as a side to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 1 1/2 cups (6.5 oz) [185 g]
- Whole Wheat Flour: 1/2 cup (2.25 oz) [65 g]
- Cooked Quinoa: 1/2 cup (3 oz) [85 g]
- Chia Seeds: 2 tablespoons (1 oz) [30 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for added texture
- Pumpkin Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

- Prepare Quinoa:** Cook the quinoa according to package instructions. Allow it to cool completely before using.
- Add Liquids First:** Pour water into the bread machine pan. Add honey and olive oil.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add whole wheat flour and bread flour to the pan. Add the cooked quinoa and chia seeds.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Optional Ingredients:** If using, add sunflower and pumpkin seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Multigrain" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a hearty texture. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 5 g
- Carbohydrates: 28 g
- Fats: 4 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time



10 m

Cooking time



1h

Servings



10

## SPELT BREAD (1 LB LOAF / 450 G)

This Spelt Bread is a wholesome and flavorful loaf, offering a slightly sweet and nutty taste with a soft, tender crumb. Spelt flour provides a unique texture and a rich, earthy flavor that pairs well with both sweet and savory toppings.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Spelt Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for added texture
- Flaxseeds: 1 tablespoon (0.5 oz) [15 g] for a nutty flavor

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil and honey.

**2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add spelt flour to the pan.

**3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.

**4. Optional Ingredients:** If using, add flaxseed and sunflower seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**5. Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 80 mg



Prep time



10 m

Cooking time



1h

Servings



10

## FLAXSEED & SUNFLOWER BREAD (1 LB / 450 G)

This Flaxseed & Sunflower Bread is a nutritious and hearty loaf, offering a nutty flavor with a delightful crunch from the seeds. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for sandwiches, toast, or as a healthy accompaniment to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Whole Wheat Flour: 1 cup (4.5 oz) [130 g]
- Bread Flour: 1 cup (4.5 oz) [130 g]
- Flaxseeds: 2 tablespoons (1 oz) [30 g]
- Sunflower Seeds: 2 tablespoons (1 oz) [30 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Pumpkin Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil and honey.

**2. Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add bread flour and whole wheat flour to the pan. Include ground flaxseed and sunflower seeds for its nutty flavor and health benefits.

**3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.

**4. Optional Ingredients:** If using, add chia and pumpkin seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**5. Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select your preferred crust color: "Medium" or "Dark." Start the machine.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 5 g
- Carbohydrates: 28 g
- Fats: 4 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time    Cooking time    Servings



10 m



1h



10

## BUCKWHEAT BREAD (1 LB LOAF/450 G)

This Buckwheat Bread is a hearty and flavorful loaf, offering a nutty and slightly earthy taste with a dense, moist crumb. Buckwheat flour adds a unique texture and a rich, wholesome flavor that pairs well with both sweet and savory toppings.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Buckwheat Flour: 1 cup (4 oz) [115 g]
- Bread Flour: 1 1/4 cups (5.5 oz) [155 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for added texture
- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for a nutty flavor

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil and honey.
- Add Dry Ingredients:** Sprinkle salt and sugar evenly over the liquid. Carefully add a mix of buckwheat flour and bread flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Optional Ingredients:** If using, add sunflower and chia seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select your preferred crust color: "Medium" or "Dark." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 6 g
- Carbohydrates: 28 g
- Fats: 4 g
- Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 80 mg



Prep time    Cooking time    Servings



10 m



1h 30m



10

## SPROUTED GRAIN BREAD (1 LB LOAF/450 G)

This Sprouted Grain Bread is a wholesome and nutritious loaf, offering a rich, nutty flavor with a soft, moist crumb. The sprouted grains add a delightful texture and enhance the bread's nutritional profile, making it perfect for sandwiches, toast, or as a healthy accompaniment to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Sprouted Grain Flour: 1 1/2 cups (6.5 oz) [185 g]
- Bread Flour: 3/4 cup (3.5 oz) [100 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for added texture
- Flaxseeds: 1 tablespoon (0.5 oz) [15 g] for a nutty flavor

- Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil and honey.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add bread flour and sprouted grain flour to the pan.
- Add Seeds and Grains:** Include flaxseeds and sunflower seeds for added texture and nutrition.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 6 g
- Carbohydrates: 4 g
- Fats: 15 g
- Fiber: 2 g
- Cholesterol: 70 mg
- Sodium: 150 mg
- Potassium: 50 mg



Prep time    Cooking time    Servings



10 m

5h 30m

10

## ALMOND FLOUR BREAD (KETO-FRIENDLY) (1 LB LOAF/450 G)

This Almond Flour Bread is a keto-friendly option that offers a rich, nutty flavor with a moist, dense texture. It's perfect for those following a low-carb diet, providing a satisfying base for sandwiches or toast without the carbs found in traditional bread.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Eggs: 4 large (7 oz) [200 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Water: 1/4 cup (2 oz) [60 ml]
- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Almond Flour: 1 1/2 cups (6 oz) [170 g]
- Coconut Flour: 1/4 cup (1 oz) [28 g]
- Baking Powder: 1 tablespoon (0.5 oz) [12 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Xanthan Gum: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor
- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture

**1. Add Liquids First:** Pour water into the bread machine pan. Add melted butter, apple cider vinegar and lightly beaten eggs.

**2. Add Dry Ingredients:** Carefully add almond and coconut flour to the pan. Sprinkle baking powder, salt and xanthan gum evenly over the liquid.

**3. Optional Ingredients:** If using, add sunflower and chia seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" bread setting, depending on your machine. Select the "Light" crust color preference for a softer crust. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 5 g
- Carbohydrates: 6 g
- Fats: 12 g
- Fiber: 3 g
- Cholesterol: 100 mg
- Sodium: 150 mg
- Potassium: 50 mg



Prep time    Cooking time    Servings



10 m

5h 30m

10

## COCONUT FLOUR BREAD (PALEO-FRIENDLY) 1 LB LOAF/450 G

This Coconut Flour Bread is a delightful paleo-friendly option, offering a subtle coconut flavor with a moist, dense texture. It's perfect for those following a paleo diet, providing a satisfying base for sandwiches or toast without grains.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Eggs: 6 large (10.5 oz) [300 g]
- Coconut Oil (melted): 1/4 cup (2 oz) [56 g]
- Water: 1/4 cup (2 oz) [60 ml]
- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Coconut Flour: 1 cup (4 oz) [113 g]
- Baking Powder: 1 tablespoon (0.5 oz) [12 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor
- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture

**1. Add Liquids First:** Pour water into the bread machine pan. Add melted coconut oil, apple cider vinegar and lightly beaten eggs.

**2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add coconut flour to the pan. Add baking powder to help with rising.

**3. Optional Ingredients:** If using, add sunflower and chia seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" bread setting, depending on your machine. Select the "Light" crust color preference for a softer crust. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 7 g
- Carbohydrates: 18 g
- Fats: 7 g
- Fiber: 3 g
- Cholesterol: 55 mg
- Sodium: 200 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings

## LENTIL & CHICKPEA FLOUR BREAD (1 LB LOAF/450 G)

This Lentil & Chickpea Flour Bread is a protein-rich, gluten-free option with a nutty flavor and a dense, moist texture. The combination of lentil and chickpea flours provides a hearty, satisfying loaf that's perfect for sandwiches or as a nutritious side to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Eggs: 3 large (5.25 oz) [150 g]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Lentil Flour: 1 cup (4 oz) [115 g]
- Chickpea Flour: 1 cup (4 oz) [115 g]
- Baking Powder: 1 tablespoon (0.5 oz) [12 g]
- Xanthan Gum: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor
- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil, apple cider vinegar, honey and lightly beaten eggs.
- 2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add chickpea flour and lentil flour to the pan. Add baking powder and xanthan gum.
- 3. Optional Ingredients:** If using, add sunflower and chia seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Coke" setting, depending on your machine. Select the "Light" crust color preference for a softer crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 140
- Protein: 5 g
- Carbohydrates: 24 g
- Fats: 4 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings

## NO-SUGAR WHOLE WHEAT BREAD (1 LB LOAF/450 G)

This No-Sugar Whole Wheat Bread is a wholesome and hearty loaf, offering a rich, nutty flavor with a dense, moist crumb. It's perfect for those looking to reduce sugar intake while still enjoying a delicious, homemade bread.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Whole Wheat Flour: 2 cups (8.5 oz) [240 g]
- Vital Wheat Gluten: 1 tablespoon (0.5 oz) [8 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor
- Flaxseeds: 2 tablespoons (1 oz) [30 g] for added texture

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil.
- 2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add whole wheat flour and vital wheat gluten to the pan.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Optional Ingredients:** Include ground flaxseeds or sunflower seeds for added texture and nutrition.
- 5. Select Bread Machine Settings:** Choose the "Whole Wheat" or "Basic" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 22 g
- Fats: 7 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 150 mg
- Potassium: 150 mg



Prep time    Cooking time    Servings



10 m

2h 30m

10

## ZUCCHINI & CARROT BREAD (1 LB LOAF/450 G)

This Zucchini & Carrot Bread is a moist and flavorful loaf, combining the natural sweetness of carrots with the subtle earthiness of zucchini. The bread has a tender crumb and a slightly chewy crust, making it perfect for breakfast, snacks, or as a healthy dessert option.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Eggs: 2 large (3.5 oz) [100 g]
- Vegetable Oil: 1/4 cup (2 oz) [60 ml]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- Grated Zucchini: 1 cup (4 oz) [115 g]
- Grated Carrot: 1 cup (4 oz) [115 g]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Baking Soda: 1/2 teaspoon (0.1 oz) [2 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Cinnamon: 1 teaspoon (0.1 oz) [2 g]

### Optional Ingredients for Flavor:

- Chopped Walnuts: 1/2 cup (2 oz) [60 g] for added texture
- Raisins: 1/2 cup (2 oz) [60 g] for sweetness

**1. Prepare Vegetables:** Grate the zucchini and carrots. Squeeze out excess moisture using a clean kitchen towel or paper towels.

**2. Add Liquids First:** Crack eggs into the bread machine pan. Add vegetable oil and vanilla extract.

**3. Add Vegetables:** Add grated zucchini and carrot to the pan.

**4. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, baking soda, salt, and cinnamon evenly over the flour.

**5. Add Mix-ins:** Add walnuts and raisins to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**6. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer crust. Start the machine.

**7. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 60 mg



Prep time    Cooking time    Servings



10 m

3 h

10

## SOURDOUGH-STYLE FERMENTED BREAD (GUT-FRIENDLY) (1 LB LOAF/450 G)

This Sourdough-Style Fermented Bread offers a tangy flavor reminiscent of traditional sourdough, achieved through a simple fermentation process. The bread has a chewy crust and a soft, airy crumb, making it perfect for sandwiches or as a side to soups and stews.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Plain Yogurt (room temperature): 1/4 cup (2 oz) [60 g]
- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Bread Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Caraway Seeds: 1 tsp (0.1 oz) [2 g] for a traditional touch
- Dried Herbs (e.g., rosemary, thyme): 1 teaspoon (0.1 oz) [1 g]

**1. Prepare the Fermentation Mixture:** In a large bowl, combine water, yogurt, apple cider vinegar, and olive oil. Add salt and flour, and mix until a sticky dough forms. Cover the bowl with a clean cloth and let it sit at room temperature for 12-24 hours to ferment.

**2. Add Fermented Mixture to Bread Machine:** Transfer the fermented dough to the bread machine pan.

**3. Add Yeast and Optional Ingredients:** Make a small well in the center of the dough and add instant yeast. If using, add caraway seeds or dried herbs for additional flavor.

**4. Select Bread Machine Settings:** Choose the "Basic" or "French" bread setting, depending on your machine. Select the "Medium" or "Dark" crust color preference for a traditional sourdough crust. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 28 g
- Fats: 5 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 200 mg
- Potassium: 60 mg



## BROWN RICE FLOUR BREAD (1 LB LOAF/450 G)

This Brown Rice Flour Bread is a gluten-free option that offers a mild, nutty flavor with a soft, tender crumb. The bread is slightly denser than traditional wheat bread, making it perfect for those who prefer a hearty slice.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Apple Cider Vinegar: 1 tablespoon (0.5 oz) [15 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Brown Rice Flour: 1 1/2 cups (6 oz) [170 g]
- Tapioca Starch: 1/2 cup (2 oz) [56 g]
- Xanthan Gum: 1 teaspoon (0.1 oz) [3 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Sunflower Seeds: 2 tablespoons (1 oz) [30 g] for a nutty flavor
- Chia Seeds: 1 tablespoon (0.5 oz) [15 g] for added texture

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil, apple cider vinegar, and lightly beaten eggs. Stir in honey for a touch of sweetness.
- 2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add brown rice flour to the pan. Add tapioca starch and xanthan gum for better texture and elasticity.
- 3. Add Yeast Last:** Make a small well in the center of the dry ingredients and add instant yeast.
- 4. Optional Ingredients:** If using, add sunflower and chia seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Gluten-Free" bread setting, if available, or the "Basic" setting. Select the "Medium" crust color preference for a slightly crisp crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 200
- Protein: 8 g
- Carbohydrates: 28 g
- Fats: 8 g
- Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 100 mg



## PROTEIN-PACKED SEEDED BREAD (1 LB LOAF/450 G)

This Protein-Packed Seeded Bread is a hearty and nutritious loaf, offering a rich, nutty flavor with a delightful crunch from a variety of seeds. The bread has a dense, moist crumb, making it perfect for sandwiches, toast, or as a protein-rich snack.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water (warm): 3/4 cup (6 oz) [180 ml]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- Whole Wheat Flour: 1 cup (4.5 oz) [130 g]
- Bread Flour: 1 cup (4.5 oz) [130 g]
- Vital Wheat Gluten: 1 tablespoon (0.5 oz) [8 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]
- Chia Seeds: 2 tablespoons (1 oz) [30 g]
- Sunflower Seeds: 2 tablespoons (1 oz) [30 g]
- Pumpkin Seeds: 2 tablespoons (1 oz) [30 g]

### Optional Ingredients for Flavor:

- Flaxseeds: 1 tablespoon (0.5 oz) [15 g] for added texture
- Sesame Seeds: 1 tablespoon (0.5 oz) [15 g] for a nutty flavor

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add olive oil and honey for a touch of sweetness.
- 2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add a mix of whole wheat flour and bread flour to the pan. Add vital wheat gluten.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 4. Add seeds and optional ingredients:** Add a variety of seeds - chia sunflower, pumpkin seeds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add flaxseeds and sesame seeds for additional texture and flavor.
- 5. Select Bread Machine Settings:** Choose the "Whole Wheat" or "Multigrain" bread setting, depending on your machine. Select your preferred crust color: "Medium" or "Dark." Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

# Chapter 6: Vegetable Breads

THESE VEGETABLE BREADS OFFER A DELIGHTFUL VARIETY OF FLAVORS AND TEXTURES, MAKING THEM A GREAT ADDITION TO ANY MEAL.

- Sweet Potato Bread
- Beetroot and Walnut Bread
- Broccoli and Cheddar Bread
- Roasted Red Pepper and Olive Bread
- Cauliflower and Parmesan Bread
- Butternut Squash and Sage Bread
- Pea and Mint Bread
- Eggplant and Garlic Bread
- Bell Pepper and Onion Bread
- Mushroom and Thyme Bread



- Calories: 150
- Protein: 3 grams
- Carbohydrates: 28 g
- Fats: 3 grams
- Fiber: 1 gram
- Cholesterol: 10 mg
- Sodium: 150 mg
- Potassium: 100 mg



## SWEET POTATO BREAD (1 LB LOAF/450 G)

This Sweet Potato Bread is a delightful blend of natural sweetness and warm spices, resulting in a moist and tender loaf. The subtle sweetness of the sweet potatoes is complemented by hints of cinnamon and nutmeg, creating a comforting aroma and flavor. The bread's texture is soft and slightly dense, making it perfect for breakfast or as a snack.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Mashed Sweet Potatoes: 1/2 cup (4 oz) [120 grams]
- Unsalted Butter, melted: 2 tablespoons (1 oz) [28 grams]
- Honey: 2 tablespoons (1 oz) [30 ml]
- Salt: 1/2 teaspoon [3 grams]
- Ground Cinnamon: 1/2 teaspoon [1 gram]
- Ground Nutmeg: 1/4 teaspoon [0.5 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Chopped Pecans or Walnuts: 1/4 cup (1 oz) [30 grams]
- Raisins: 1/4 cup (1.5 oz) [40 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the mashed sweet potatoes, melted butter, and honey.

**2. Add Dry Ingredients:** Sprinkle the salt, ground cinnamon, and ground nutmeg over the liquid ingredients. Add the all-purpose flour, ensuring it covers the liquid completely. Sprinkle the dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**4. Optional Ingredients:** If using nuts or raisins, add them when the machine signals for additional ingredients.

**5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Light" crust color option for a softer crust. Set the loaf size to 1 pound.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 grams
- Carbohydrates: 28 g
- Fats: 5 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 150 mg



## BETROOT AND WALNUT BREAD (1 LB LOAF/450 G)

This Beetroot and Walnut Bread is a vibrant and earthy loaf with a subtle sweetness from the beets and a delightful crunch from the walnuts. The bread's striking color and unique flavor make it a standout addition to any meal. Its texture is soft yet hearty, perfect for sandwiches or as a flavorful accompaniment to soups and salads.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Grated Beetroot: 1/2 cup (2.5 oz) [70 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]
- Chopped Walnuts: 1/4 cup (1 oz) [30 grams]

### Optional Ingredients for Flavor:

- Ground Cumin: 1/2 teaspoon [1 gram]
- Chopped Fresh Dill: 1 tablespoon [3 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the grated beetroot, olive oil, and honey.

**2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**5. Optional Ingredients:** If using ground cumin or fresh dill, add them with the dry ingredients. Add the chopped walnuts when the machine signals for additional ingredients.

**6. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.

**7. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 170
- Protein: 6 grams
- Carbohydrates: 25 g
- Fats: 6 grams
- Fiber: 1 gram
- Cholesterol: 10 mg
- Sodium: 250 mg
- Potassium: 100 mg



## BROCCOLI AND CHEDDAR BREAD (1 LB LOAF/450 G)

This Broccoli and Cheddar Bread is a savory delight, combining the earthy flavor of broccoli with the rich, creamy taste of cheddar cheese. The bread is soft and moist, with a slightly chewy texture, making it perfect for sandwiches or as a side to soups and stews. The cheese adds a delightful richness, while the broccoli provides a subtle, nutritious boost.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Chopped Broccoli (steamed and cooled): 1/2 cup (2.5 oz) [70 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Shredded Cheddar Cheese: 1/2 cup (2 oz) [60 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Garlic Powder: 1/2 teaspoon [1 gram]
- Chopped Fresh Chives: 1 tablespoon [3 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the chopped broccoli, olive oil, and honey.

**2. Add Dry Ingredients:** Sprinkle the salt, add the all-purpose flour, ensuring it covers the liquid completely. Sprinkle the shredded cheddar cheese and dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**4. Optional Ingredients:** If using garlic powder or fresh chives, add them with the dry ingredients. Or, when the machine signals for additional ingredients.

**5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 grams
- Carbohydrates: 26 g
- Fats: 5 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 220 mg



## ROASTED RED PEPPER AND OLIVE BREAD (1 LB LOAF/450 G)

This Roasted Red Pepper and Olive Bread is a Mediterranean-inspired delight, featuring the sweet and smoky flavor of roasted red peppers paired with the briny richness of olives. The bread is soft and aromatic, with a slightly chewy texture that makes it perfect for sandwiches or as a flavorful accompaniment to salads and pasta dishes. The combination of ingredients creates a vibrant and savory loaf that is sure to impress.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Roasted Red Peppers (chopped): 1/2 cup (2.5 oz) [70 grams]
- Pitted Black Olives (sliced): 1/4 cup (1.5 oz) [40 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Dried Oregano: 1 teaspoon [1 gram]
- Crushed Red Pepper Flakes: 1/4 teaspoon [0.5 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the chopped roasted red peppers, sliced olives, and olive oil.

**2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the dry milk powder over the flour.

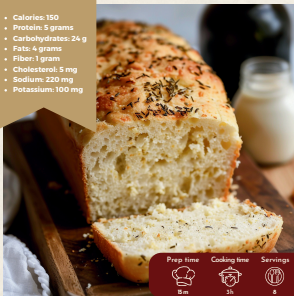
**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**5. Optional Ingredients:** If using dried oregano or crushed red pepper flakes, add them with the dry ingredients.

**6. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.

**7. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 5 grams
- Carbohydrates: 24 g
- Fats: 4 grams
- Fiber: 1 gram
- Cholesterol: 5 mg
- Sodium: 220 mg
- Potassium: 100 mg



## CAULIFLOWER AND PARMESAN BREAD (1 LB LOAF/450 G)

This Cauliflower and Parmesan Bread is a savory and aromatic loaf that combines the subtle, nutty flavor of cauliflower with the rich, tangy taste of Parmesan cheese. The bread is soft and slightly dense, with a delightful crust that makes it perfect for toasting or serving alongside soups and salads. The unique combination of ingredients offers a nutritious twist on traditional bread, making it a versatile addition to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Cauliflower (riced and steamed): 1/2 cup (2.5 oz) [70 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Grated Parmesan Cheese: 1/2 cup (2 oz) [60 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Garlic Powder: 1/2 teaspoon [1 gram]
- Chopped Fresh Parsley: 1 tablespoon [3 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the riced and steamed cauliflower, olive oil, and honey.

**2. Add Dry Ingredients:** Sprinkle the salt, add the all-purpose flour, ensuring it covers the liquid completely. Sprinkle the grated Parmesan cheese and dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**4. Optional Ingredients:** If using garlic powder or fresh parsley, add them with the dry ingredients.

**5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 grams
- Carbohydrates: 28 g
- Fats: 4 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 120 mg



## BUTTERNUT SQUASH AND SAGE BREAD (1 LB LOAF/450 G)

This Butternut Squash and Sage Bread is a warm and aromatic loaf that combines the natural sweetness of butternut squash with the earthy, herbal notes of sage. The bread is soft and moist, with a slightly chewy crust, making it perfect for autumn meals or as a comforting side to soups and stews. The unique flavor combination offers a delightful twist on traditional bread, providing a cozy and inviting aroma.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Mashed Butternut Squash: 1/2 cup (4 oz) [120 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Chopped Fresh Sage: 1 tablespoon [3 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Ground Nutmeg: 1/4 teaspoon [0.5 grams]
- Chopped Walnuts: 1/4 cup (1 oz) [30 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the mashed butternut squash, olive oil, and honey.

**2. Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the chopped fresh sage and dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**4. Optional Ingredients:** If using ground nutmeg or chopped walnuts, add them with the dry ingredients.

**5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 150
- Protein: 4 grams
- Carbohydrates: 26 g
- Fats: 4 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 120 mg



## PEA AND MINT BREAD (1 LB LOAF/450 G)

This Pea and Mint Bread is a refreshing and unique loaf that combines the subtle sweetness of peas with the bright, aromatic flavor of fresh mint. The bread is soft and slightly dense, with a delightful green hue that makes it visually appealing. Perfect for springtime meals, this bread pairs wonderfully with salads, soups, or as a base for open-faced sandwiches.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Mashed Green Peas: 1/2 cup (4 oz) [120 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Chopped Fresh Mint: 2 tablespoons [6 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Lemon Zest: 1 teaspoon [2 grams]
- Chopped Pine Nuts: 1/4 cup (1 oz) [30 grams]

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add the mashed green peas, olive oil, and honey.
- 2. Add Dry Ingredients:** Sprinkle the salt, add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the chopped fresh mint and dry milk powder over the flour.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.
- 4. Optional Ingredients:** If using lemon zest or chopped pine nuts, add them with the dry ingredients.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Light" crust color option for a softer crust. Set the loaf size to 1 pound.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 grams
- Carbohydrates: 27 g
- Fats: 4 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 120 mg



## EGGPLANT AND GARLIC BREAD (1 LB LOAF/450 G)

This Eggplant and Garlic Bread is a savory and aromatic loaf that combines the rich, earthy flavor of roasted eggplant with the robust taste of garlic. The bread is soft and slightly chewy, with a golden crust that makes it perfect for sandwiches or as a flavorful side to Mediterranean dishes. The unique combination of ingredients offers a delightful twist on traditional bread, providing a hearty and satisfying experience.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Roasted Eggplant (mashed): 1/2 cup (4 oz) [120 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- Minced Garlic: 2 cloves [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Chopped Fresh Basil: 1 tablespoon [3 grams]
- Crushed Red Pepper Flakes: 1/4 teaspoon [0.5 grams]

- 1. Add Liquids First:** Pour warm water into the bread machine pan. Add the mashed roasted eggplant, olive oil, and honey.
- 2. Add Dry Ingredients:** Sprinkle salt and minced garlic over the liquid ingredients. Add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the dry milk powder over the flour.
- 3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.
- 5. Optional Ingredients:** If using chopped fresh basil or crushed red pepper flakes, add them with the dry ingredients.
- 6. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.
- 7. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 4 grams
- Carbohydrates: 27 g
- Fats: 4 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 120 mg



Prep time    Cooking time    Servings



## BELL PEPPER AND ONION BREAD (1 LB LOAF/450 G)

This Bell Pepper and Onion Bread is a flavorful and aromatic loaf that combines the sweetness of bell peppers with the savory depth of onions. The bread is soft and slightly chewy, with a golden crust that makes it perfect for sandwiches or as a side to grilled dishes. The vibrant colors and rich flavors make this bread a delightful addition to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Chopped Bell Peppers (red, yellow, or green): 1/2 cup (2.5 oz) [70 grams]
- Chopped Onion: 1/4 cup (1.5 oz) [40 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Dried Thyme: 1 teaspoon [1 gram]
- Crushed Red Pepper Flakes: 1/4 teaspoon [0.5 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the chopped bell peppers, chopped onion, olive oil, and honey.

**2. Add Dry Ingredients:** Sprinkle the salt, add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**4. Optional Ingredients:** If using dried thyme or crushed red pepper flakes, add them with the dry ingredients.

**5. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a softer crust. Set the loaf size to 1 pound.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 160
- Protein: 5 grams
- Carbohydrates: 26 g
- Fats: 4 grams
- Fiber: 2 grams
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 120 mg



Prep time    Cooking time    Servings



## MUSHROOM AND THYME BREAD (1 LB LOAF/450 G)

This Mushroom and Thyme Bread is a savory and aromatic loaf that combines the earthy richness of mushrooms with the fragrant, herbal notes of thyme. The bread is soft and moist, with a slightly chewy texture that makes it perfect for pairing with soups, stews, or as a base for hearty sandwiches. The combination of mushrooms and thyme creates a comforting and flavorful experience that is both healthy and satisfying.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Water: 1/2 cup (4 oz) [120 ml]
- Sautéed Mushrooms (finely chopped): 1/2 cup (2.5 oz) [70 grams]
- Olive Oil: 2 tablespoons (1 oz) [30 ml]
- Honey: 1 tablespoon (0.5 oz) [15 ml]
- Salt: 1 teaspoon [6 grams]
- All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
- Whole Wheat Flour: 1/2 cup (2 oz) [60 grams]
- Chopped Fresh Thyme: 1 tablespoon [3 grams]
- Dry Milk Powder: 2 tablespoons (0.5 oz) [8 grams]
- Active Dry Yeast: 1 teaspoon [3 grams]

### Optional Ingredients for Flavor:

- Garlic Powder: 1/2 teaspoon [1 gram]
- Grated Parmesan Cheese: 1/4 cup (1 oz) [30 grams]

**1. Add Liquids First:** Pour warm water into the bread machine pan. Add the chopped sautéed mushrooms, olive oil, and honey.

**2. Add Dry Ingredients:** Sprinkle salt over the liquid ingredients. Add the all-purpose flour and whole wheat flour, ensuring they cover the liquid completely. Sprinkle the chopped fresh thyme and dry milk powder over the flour.

**3. Add Yeast Last:** Make a small well in the center of the flour and add the active dry yeast.

**5. Optional Ingredients:** If using chopped fresh basil or crushed red pepper flakes, add them with the dry ingredients.

**6. Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting. Select the "Medium" crust color option for a balanced crust. Set the loaf size to 1 pound.

**7. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

## Chapter 7: Sweet Breads & Desserts

THESE SWEET BREAD RECIPES WILL ELEVATE YOUR BREAD-MAKING GAME, OFFERING DELIGHTFUL FLAVOR COMBINATIONS, SOFT TEXTURES, AND SIMPLE YET IMPRESSIVE TECHNIQUES – HOMEMADE TREATS ARE SURE TO WOW YOUR FAMILY AND FRIENDS WITH EVERY SLICE

- Banana Bread
- Chocolate Chip Bread
- Pumpkin Spice Bread
- Lemon Poppy Seed Bread
- Apple Cinnamon Bread
- Blueberry Muffin Bread
- Coconut Pineapple Bread
- Strawberry Shortcake Bread
- Sweet Almond Bread
- Cranberry Orange Bread
- Peach Cobbler Bread
- Honey Butter Bread
- Chocolate Marble Swirl Bread
- Carrot Cake Bread
- Vanilla Bean Sugar Bread
- Pecan Praline Bread
- Raspberry White Chocolate Bread
- Gingerbread Loaf
- Maple Walnut Bread
- Cherry Almond Bread
- Mocha Espresso Bread
- Mango Coconut Bread



- Calories: 180
- Protein: 3 g
- Carbohydrates: 30 g
- Fats: 7 g
- Fiber: 1 g
- Cholesterol: 35 mg
- Sodium: 150 mg
- Potassium: 150 mg



Prep time    Cooking time    Servings



10 m



5h 30m



10

## BANANA BREAD (1 LB LOAF/450 G)

This Banana Bread is a moist and flavorful loaf, bursting with the natural sweetness of ripe bananas and a hint of vanilla. The bread has a tender crumb and a slightly chewy crust, making it perfect for breakfast, snacks, or as a delightful dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Ripe Bananas (mashed): 1 cup (8 oz) [225 g]
- Eggs: 2 large (3.5 oz) [100 g]
- Vegetable Oil: 1/4 cup (2 oz) [60 ml]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Baking Soda: 1/2 teaspoon (0.1 oz) [2 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Cinnamon: 1 teaspoon (0.2 oz) [5 g]

### Optional Ingredients for Flavor:

- Chopped Walnuts: 1/2 cup (2 oz) [60 g] for added texture
- Chocolate Chips: 1/2 cup (3 oz) [85 g] for sweetness

- 1. Prepare the Bananas:** Mash ripe bananas in a bowl until smooth and creamy.
- 2. Add Liquids:** Crack eggs into the bread machine pan. Add vegetable oil and vanilla extract. Transfer the mashed bananas into the bread machine pan.
- 3. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, baking soda, salt, and cinnamon evenly over the flour.
- 4. Add Optional Mix-ins:** Add chopped walnuts or chocolate chips to the bread machine's fruit and nut dispenser, or manually when the machine signals.
- 5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer crust. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 220
- Protein: 4 g
- Carbohydrates: 32 g
- Fats: 10 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10 m



5h 30m



10

## CHOCOLATE CHIP BREAD (1 LB LOAF/450 G)

This Chocolate Chip Bread is a delightful treat, combining the rich sweetness of chocolate chips with a soft, tender crumb. The bread is perfect for breakfast, snacks, or as a dessert, offering a deliciously indulgent experience with every bite.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Chocolate Chips: 1/2 cup (3 oz) [85 g]

### Optional Ingredients for Flavor:

- Chopped Nuts (e.g., walnuts or pecans): 1/2 cup (2 oz) [60 g] for added texture
- Cinnamon: 1/2 teaspoon (0.1 oz) [1 g] for warmth

- 1. Add Liquids First:** Pour warm milk into the bread machine pan. Add melted unsalted butter and crack in eggs. Stir in vanilla extract for a touch of sweetness and aroma.
- 2. Add Dry Ingredients:** Carefully add all-purpose flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.
- 3. Add Chocolate Chips:** Add chocolate chips to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 4. Add Optional Mix-ins:** Add chopped nuts and cinnamon to the bread machine's fruit and nut dispenser, or manually when the machine signals.
- 4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a soft crust. Start the machine.
- 5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 190
- Protein: 3 g
- Carbohydrates: 30 g
- Fats: 8 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 150 mg
- Potassium: 150 mg



Prep time    Cooking time    Servings



10 m



25-30m



10

## PUMPKIN SPICE BREAD (1 LB LOAF/450 G)

This Pumpkin Spice Bread is a delightful autumn treat, infused with warm spices and the rich flavor of pumpkin. The bread has a moist, tender crumb and a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Pumpkin Puree: 1 cup (8 oz) [225 g]
- Eggs: 2 large (3.5 oz) [100 g]
- Vegetable Oil: 1/4 cup (2 oz) [60 ml]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Baking Soda: 1/2 teaspoon (0.1 oz) [2 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Pumpkin Pie Spice: 1 tablespoon (0.5 oz) [7 g]

### Optional Ingredients for Flavor:

- Chopped Pecans: 1/2 cup (2 oz) [60 g] for added texture
- Raisins: 1/2 cup (3 oz) [85 g] for sweetness

**1. Prepare Wet Ingredients:** In a bowl, combine pumpkin puree, eggs, vegetable oil, and vanilla extract.

**2. Add Liquids to the Bread Machine:** Pour the wet mixture into the bread machine pan.

**3. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, baking soda, salt, and pumpkin pie spice evenly over the flour.

**4. Add Mix-ins:** If using, add chopped pecans and raisins to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer crust. Start the machine.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 200
- Protein: 4 g
- Carbohydrates: 30 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10 m



25-30m



10

## LEMON POPPY SEED BREAD (1 LB / 450 G)

This Lemon Poppy Seed Bread is a refreshing and zesty loaf, bursting with the bright flavor of lemon and the delightful crunch of poppy seeds. The bread has a moist, tender crumb and a slightly chewy crust, making it perfect for breakfast, snacks, or as a light dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Lemon Juice: 1/4 cup (2 oz) [60 ml]
- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Lemon Zest: 1 tablespoon (0.5 oz) [7 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Poppy Seeds: 2 tablespoons (0.7 oz) [20 g]

### Optional Ingredients for Flavor:

- Chopped Almonds: 1/4 cup (1 oz) [30 g] for added texture
- Lemon Glaze (powdered sugar and lemon juice): for a sweet finish

**1. Prepare Wet Ingredients:** In a bowl, whisk together lemon juice, warm milk, eggs, melted butter, lemon zest, and vanilla extract.

**2. Add Liquids to the Bread Machine:** Pour the wet mixture into the bread machine pan.

**3. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, salt, and poppy seeds evenly over the flour.

**4. Add Mix-ins:** If using, add chopped almonds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a soft crust. Start the machine.

**6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing. If desired, drizzle with a lemon glaze made from powdered sugar and lemon juice.

- Calories: 190
- Protein: 3 g
- Carbohydrates: 30 g
- Fats: 8 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10m

5h:30m

10

## APPLE CINNAMON BREAD (1 LB/450 G)

This Apple Cinnamon Bread is a delightful blend of sweet apples and warm cinnamon, creating a comforting aroma and flavor reminiscent of autumn. The bread has a moist, tender crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Applesauce (unsweetened): 1/2 cup (4 oz) [120 ml]
- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Cinnamon: 1 tablespoon (0.5 oz) [7 g]
- Diced Apples: 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Chopped Walnuts: 1/4 cup (1 oz) [30 g] for added texture
- Raisins: 1/4 cup (1.5 oz) [40 g] for sweetness

- 1. Prepare Apples:** Dice fresh apples and set them aside.
- 1. Add Liquids First:** Pour applesauce and warm milk into the bread machine pan. Add eggs, melted butter, and vanilla extract.
- 3. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, baking soda, salt, and cinnamon evenly over the flour.
- 4. Add Mix-ins:** If using, add chopped walnuts and raisins to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer texture. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 200
- Protein: 4 g
- Carbohydrates: 32 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10m

5h:30m

10

## BLUEBERRY MUFFIN BREAD (1 LB /450 G)

This Blueberry Muffin Bread is a delightful fusion of a classic muffin and a loaf, offering bursts of juicy blueberries in every bite. The bread has a soft, moist crumb with a slightly sweet and tangy flavor, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Fresh Blueberries: 1 cup (5 oz) [140 g]

### Optional Ingredients for Flavor:

- Chopped Nuts (e.g. almonds or pecans): 1/4 cup (1 oz) [30 g] for added texture
- Lemon Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note

- 1. Add Liquids First:** Pour milk into the bread machine pan. Crack eggs into the pan and add melted butter and vanilla extract.
- 2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.
- 3. Add Blueberries:** Add blueberries to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 4. Add Mix-ins:** If using, add chopped nuts and lemon zest to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- 5. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer texture. Start the machine.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 210
- Protein: 4 g
- Carbohydrates: 32 g
- Fats: 9 g
- Fiber: 2 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



## COCONUT PINEAPPLE BREAD (1 LB/450 G)

This Coconut Pineapple Bread is a tropical delight, combining the sweet, juicy flavor of pineapple with the rich, nutty taste of coconut. The bread has a moist, tender crumb and a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Crushed Pineapple (with juice): 1/2 cup (4 oz) [120 ml]
- Coconut Milk: 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Shredded Coconut: 1/2 cup (1.5 oz) [42 g]

### Optional Ingredients for Flavor:

- Chopped Macadamia Nuts: 1/4 cup (1 oz) [30 g] for added texture
- Lime Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note

**1. Add Liquids First:** Pour crushed pineapple (with juice) into the bread machine pan. Add coconut milk, melted butter, and lightly beaten eggs.

**2. Add Dry Ingredients:** Sprinkle sugar and salt evenly over the liquid. Carefully add flour to the pan. Add baking powder to enhance texture.

**3. Add Mix-ins:** If using, add shredded coconut and chopped macadamia nuts as well as lime zest to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a soft, golden finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 210
- Protein: 4 g
- Carbohydrates: 34 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



## STRAWBERRY SHORTCAKE BREAD (1 LB/450 G)

This Strawberry Shortcake Bread is a delightful fusion of a classic dessert and a loaf, offering the sweet, juicy flavor of strawberries with a soft, cake-like crumb. The bread is perfect for breakfast, snacks, or as a dessert, providing a deliciously indulgent experience with every bite.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Fresh strawberries to make a smooth puree: 3/4 to 1 cup (5.6 oz or 140 g)
- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Diced Strawberries: 1/2 cup (3 oz) [85 g]

### Optional Ingredients for Flavor:

- White Chocolate Chips: 1/4 cup (1.5 oz) [42 g]
- Lemon Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note

**1. Prepare the Strawberries:** Wash the strawberries thoroughly under cold water. Remove the green tops (hulls) with a knife or a hulling tool. Place the chopped strawberries in a blender or food processor. Blend until you achieve a smooth, liquid consistency. After blending, measure out exactly 1/2 cup (120 ml) of puree for the recipe.

**2. Add Liquids:** Pour strawberry puree and warm milk into the bread machine pan. Crack eggs into the pan, then add melted butter and vanilla extract.

**3. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.

**3. Add Strawberries:** Add diced strawberries to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. You can also add white chocolate chips and zest at this stage.

**4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer texture. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 210
- Protein: 5 g
- Carbohydrates: 30 g
- Fats: 9 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



## SWEET ALMOND BREAD (1 LB/450 G)

This Sweet Almond Bread is a delightful treat, offering a rich, nutty flavor with a soft, tender crumb. The subtle sweetness and the crunch of almonds make it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Almond Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Sliced Almonds: 1/2 cup (1.5 oz) [42 g]

### Optional Ingredients for Flavor:

- Raisins: 1/4 cup (1.5 oz) [40 g] for added sweetness
- Cinnamon: 1/2 teaspoon (0.1 oz) [1 g] for warmth

**1. Add Liquids First:** Pour warm milk into the bread machine pan. Add melted butter and crack eggs into the pan. Stir in almond extract for a nutty aroma.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.

**3. Add Mix-ins:** Add sliced almonds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, include raisins and cinnamon for added sweetness and warmth.

**4. Select Bread Machine Settings:** Choose the "Sweet" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a softer finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 200
- Protein: 4 g
- Carbohydrates: 32 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



## CRANBERRY ORANGE BREAD (1 LB/450 G)

This Cranberry Orange Bread is a delightful combination of tart cranberries and zesty orange, creating a refreshing and flavorful loaf. The bread has a moist, tender crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Orange Juice: 1/2 cup (4 oz) [120 ml]
- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Orange Zest: 1 tablespoon (0.5 oz) [7 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Dried Cranberries: 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Chopped Pecans: 1/4 cup (1 oz) [30 g] for added texture
- Cinnamon: 1/2 teaspoon (0.1 oz) [1 g] for warmth

**1. Add Liquids First:** Pour orange juice and warm milk into the bread machine pan. Add melted butter and crack eggs into the pan. Stir in orange zest and vanilla extract for a bright citrus aroma.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.

**3. Add Mix-ins:** Add dried cranberries to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add chopped pecans and cinnamon for added flavor and texture.

**4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 180
- Protein: 4 g
- Carbohydrates: 28 g
- Fats: 6 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 200 mg
- Potassium: 50 mg



Prep time    Cooking time    Servings



## HONEY BUTTER BREAD (1 LB/450 G)

This Honey Butter Bread is a delightful combination of sweet and savory, offering a rich, buttery flavor with a hint of honey. The bread has a soft, tender crumb and a golden, slightly chewy crust, making it perfect for sandwiches, toast, or as a side to any meal.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Honey: 2 tablespoons (1.5 oz) [42 g]
- Unsalted Butter (softened): 1/4 cup (2 oz) [56 g]
- Salt: 1 teaspoon (0.2 oz) [5 g]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Instant Yeast: 1 1/2 teaspoons (0.15 oz) [4 g]

### Optional Ingredients for Flavor:

- Chopped Nuts (e.g., pecans or walnuts): 1/4 cup (1 oz) [30 g] for added texture
- Cinnamon: 1/2 teaspoon (0.1 oz) [1 g] for warmth

- Add Liquids First:** Pour warm milk into the bread machine pan. Add honey and softened butter.
- Add Dry Ingredients:** Sprinkle salt evenly over the liquid. Carefully add flour to the pan.
- Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- Add Mix-ins:** Add chopped nuts and cinnamon to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Basic" or "White Bread" setting, depending on your machine. Select the "Light" or "Medium" crust color preference for a soft, golden crust. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 210
- Protein: 4 g
- Carbohydrates: 32 g
- Fats: 8 g
- Fiber: 2 g
- Cholesterol: 35 mg
- Sodium: 150 mg
- Potassium: 150 mg



Prep time    Cooking time    Servings



## CARROT CAKE BREAD (1 LB LOAF /450 G)

This Carrot Cake Bread is a delightful fusion of a classic dessert and a loaf, offering the warm spices and sweet, moist texture of carrot cake. The bread is perfect for breakfast, snacks, or as a dessert, providing a deliciously indulgent experience with every bite.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Carrots (grated): 1 cup (4 oz) [115 g]
- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Vegetable Oil: 1/4 cup (2 oz) [60 ml]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 1 1/2 cups (6.5 oz) [185 g]
- Brown Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Baking Soda: 1/2 teaspoon (0.1 oz) [2 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Cinnamon: 1 teaspoon (0.1 oz) [2 g]

### Optional Ingredients for Flavor:

- Chopped Walnuts: 1/2 cup (2 oz) [60 g] for added texture
- Raisins: 1/4 cup (1.5 oz) [40 g] for sweetness

- Prepare Carrots:** Grate fresh carrots and squeeze out excess moisture using a clean kitchen towel or paper towels.
- Add Liquids First:** Pour warm milk into the bread machine pan. Add vegetable oil, vanilla extract, and lightly beaten eggs.
- Add Carrots:** Transfer the grated carrots into the bread machine pan.
- Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle brown sugar, baking powder, baking soda, salt, and cinnamon evenly over the flour.
- Add Mix-ins:** If using, add chopped walnuts and raisins to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.
- Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a soft, golden finish. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 220
- Protein: 5 g
- Carbohydrates: 34 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10m

1h

10

## VANILLA BEAN SUGAR BREAD (1 LB LOAF / 450 G)

This Vanilla Bean Sugar Bread is a delightful treat, offering a rich vanilla aroma and a sweet, buttery flavor. The bread has a soft, tender crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Bean Paste: 1 tablespoon (0.5 oz) [15 g]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Chopped Almonds: 1/4 cup (1 oz) [30 g] for added texture
- White Chocolate Chips: 1/4 cup (1.5 oz) [42 g] for sweetness

**1. Add Liquids First:** Pour warm milk into the bread machine pan. Add melted butter and crack eggs into the pan. Stir in vanilla bean paste for a rich aroma.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.

**3. Add Mix-ins:** If using, add chopped almonds and white chocolate chips to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**4. Select Bread Machine Settings:** Choose the "Sweet" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a soft, golden finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 230
- Protein: 5 g
- Carbohydrates: 36 g
- Fats: 9 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10m

1h

10

## RASPBERRY WHITE CHOCOLATE BREAD (1 LB LOAF / 450 G)

This Raspberry White Chocolate Bread is a delightful fusion of tart raspberries and creamy white chocolate, creating a sweet and tangy flavor profile. The bread has a soft, moist crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Fresh Raspberries: 1/2 cup (2 oz) [60 g]
- White Chocolate Chips: 1/2 cup (3 oz) [85 g]

### Optional Ingredients for Flavor:

- Lemon Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note
- Chopped Almonds: 1/4 cup (1 oz) [30 g] for added texture

**1. Add Liquids First:** Pour milk into the bread machine pan. Crack eggs into the pan, then add melted butter and vanilla extract.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.

**3. Add Raspberries and White Chocolate Chips:** Add raspberries and white chocolate chips to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. Lemon zest and chopped almonds can be added at this stage.

**4. Select Bread Machine Settings:** Choose the "Sweet" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a soft texture. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 220
- Protein: 4 g
- Carbohydrates: 36 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 4.5 mg
- Sodium: 150 mg
- Potassium: 150 mg



## GINGERBREAD LOAF (1 LB/450 G)

This Gingerbread Loaf is a warm and spicy treat, perfect for the holiday season or any time you crave the comforting flavors of ginger, cinnamon, and molasses. The bread has a moist, tender crumb with a slightly chewy crust, making it ideal for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Molasses: 1/4 cup (2 oz) [60 ml]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 cups (8.5 oz) [240 g]
- Brown Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Baking Soda: 1/2 teaspoon (0.1 oz) [2 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Ground Ginger: 1 tablespoon (0.5 oz) [7 g]
- Ground Cinnamon: 1 teaspoon (0.1 oz) [2 g]
- Ground Cloves: 1/2 teaspoon (0.1 oz) [1 g]

### Optional Ingredients for Flavor:

- Chopped Crystallized Ginger: 1/4 cup (1.5 oz) [40 g]
- Chopped Nuts (e.g., walnuts or pecans): 1/4 cup (1 oz) [50 g]

**1. Prepare Wet Ingredients:** In a bowl, whisk together molasses, warm milk, melted butter, eggs, and vanilla extract. Pour the wet mixture into the bread machine pan.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle brown sugar, baking powder, baking soda, salt, and spices evenly over the flour. Add ground ginger, ground cinnamon, ground cloves to the flour as well.

**3. Add Mix-ins:** If using, add chopped crystallized ginger and chopped nuts to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins.

**4. Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a softer finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 230
- Protein: 5 g
- Carbohydrates: 35 g
- Fats: 9 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



## MAPLE WALNUT BREAD (1 LB LOAF /450 G)

This Maple Walnut Bread is a delightful combination of rich maple sweetness and the nutty crunch of walnuts. The bread has a soft, moist crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Maple Syrup: 1/4 cup (2 oz) [60 ml]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Eggs: 2 large (3.5 oz) [100 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Brown Sugar: 1/4 cup (1.75 oz) [50 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Chopped Walnuts: 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Cinnamon: 1/2 teaspoon (0.1 oz) [1 g] for warmth
- Raisins: 1/4 cup (1.5 oz) [40 g] for added sweetness

**1. Add Liquids First:** Pour warm milk into the bread machine pan. Add maple syrup, melted butter, and lightly beaten eggs. Stir in vanilla extract for a rich aroma.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle brown sugar, baking powder, and salt evenly over the flour.

**3. Add Mix-ins:** Add chopped walnuts to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, include cinnamon and raisins for extra warmth and sweetness.

**4. Select Bread Machine Settings:** Choose the "Cake" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a soft, golden finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 230
- Protein: 5 g
- Carbohydrates: 35 g
- Fats: 9 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



## CHERRY ALMOND BREAD (1 LB / 450 G)

This Cherry Almond Bread is a delightful combination of sweet cherries and nutty almonds, creating a flavorful and aromatic loaf. The bread has a soft, moist crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Almond Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Dried Cherries: 1/2 cup (2 oz) [60 g]
- Sliced Almonds: 1/2 cup (1.5 oz) [42 g]

### Optional Ingredients for Flavor:

- White Chocolate Chips: 1/4 cup (1.5 oz) [42 g] for added sweetness
- Lemon Zest: 1 teaspoon (0.1 oz) [2 g] for a citrusy note

- Add Liquids First:** Pour warm milk into the bread machine pan. Add melted butter, almond extract, and lightly beaten eggs.
- Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.
- Add Mix-ins:** Add chopped cherries and sliced almonds to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using add white chocolate chips and lemon zest at this stage.
- Select Bread Machine Settings:** Choose the "Cake" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a soft, golden finish. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 240
- Protein: 5 g
- Carbohydrates: 38 g
- Fats: 9 g
- Fiber: 2 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 120 mg



## MOCHA ESPRESSO BREAD (1 LB LOAF/450 G)

This Mocha Espresso Bread is a rich and aromatic loaf, combining the deep flavors of coffee and chocolate for a delightful treat. The bread has a soft, moist crumb with a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Strong Brewed Coffee (warm): 1/2 cup (4 oz) [120 ml]
- Milk (warm): 1/4 cup (2 oz) [60 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Cocoa Powder: 2 tablespoons (0.5 oz) [15 g]
- Instant Espresso Powder: 1 tablespoon (0.5 oz) [7 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]

### Optional Ingredients for Flavor:

- Chocolate Chips: 1/2 cup (3 oz) [85 g] for added richness
- Chopped Hazelnuts: 1/4 cup (1 oz) [30 g] for texture

- Add Liquids First:** Pour cooled brewed espresso and warm milk into the bread machine pan. Add melted butter and crack eggs into the pan. Stir in vanilla extract for added flavor.
- Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle cocoa powder, sugar, baking powder, and salt evenly over the dry mixture.
- Add Mix-ins:** Add chocolate chips to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add chopped hazelnuts, instant coffee granules for a stronger coffee flavor, and a pinch of cinnamon to enhance the mocha aroma. These can be added along with the chocolate chips or sprinkled over the batter before baking.
- Select Bread Machine Settings:** Choose the "Quick Bread" or "Cake" setting, depending on your machine. Select the "Light" crust color preference for a soft texture. Start the machine.
- Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 220
- Protein: 4 g
- Carbohydrates: 36 g
- Fats: 7 g
- Fiber: 2 g
- Cholesterol: 30 mg
- Sodium: 160 mg
- Potassium: 120 mg



## PEACH COBBLER BREAD (1 LB LOAF/450 G)

This Peach Cobbler Bread captures the essence of a classic dessert in a loaf. The sweet, juicy peaches combined with a hint of cinnamon create a delightful aroma and flavor, while the bread's texture is soft and moist.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Peach Nectar: 1/2 cup (4 oz) [120 ml]
  - Canned Peaches (drained and chopped): 1/2 cup (4 oz) [120 grams]
  - Unsalted Butter (melted): 2 tablespoons (1 oz) [28 grams]
  - Egg: 1 large [50 grams]
  - All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
  - Brown Sugar: 1/4 cup (2 oz) [50 grams]
  - Ground Cinnamon: 1 teaspoon [2 grams]
  - Salt: 1/2 teaspoon [3 grams]
  - Baking Powder: 1 teaspoon [4 grams]
  - Active Dry Yeast: 1 teaspoon [3 grams]
- Optional Ingredients for Flavor:**
- Vanilla Extract: 1 teaspoon [5 ml]

- 1. Add Liquids First:** Add the peach nectar, chopped peaches, melted butter, and egg to the bread machine pan.
- 2. Add Dry Ingredients:** Add the flour, brown sugar, cinnamon, and salt.
- 3. Add Yeast Last:** Make a well in the flour and add the baking powder and yeast.
- 4. Optional Ingredients:** Add vanilla extract if using.
- 5. Select Bread Machine Settings:** Choose the "Basic" or "Cake" setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine let it complete the cycle.
- 6. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 230
- Protein: 4 g
- Carbohydrates: 37 g
- Fats: 8 g
- Fiber: 3 g
- Cholesterol: 30 mg
- Sodium: 150 mg
- Potassium: 130 mg



## MANGO COCONUT BREAD (1 LB LOAF/450 G)

This Mango Coconut Bread is a tropical delight, combining the sweet, juicy flavor of mango with the rich, nutty taste of coconut. The bread is moist and tender, with a subtle sweetness that makes it perfect for breakfast or a snack.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Mango Puree: 1/2 cup (4 oz) [120 ml]
  - Shredded Coconut: 1/2 cup (1.5 oz) [40 grams]
  - Unsalted Butter (melted): 2 tablespoons (1 oz) [28 grams]
  - Egg: 1 large [50 grams]
  - All-Purpose Flour: 2 cups (8.5 oz) [240 grams]
  - Granulated Sugar: 1/4 cup (2 oz) [50 grams]
  - Salt: 1/2 teaspoon [3 grams]
  - Baking Powder: 1 teaspoon [4 grams]
  - Active Dry Yeast: 1 teaspoon [3 grams]
- Optional Ingredients for Flavor:**
- Lime Zest: 1 teaspoon [2 grams]

- 1. Add Liquids First:** Pour the mango puree, melted butter, and egg into the bread machine pan.
- 2. Add Dry Ingredients:** Add the flour, sugar, shredded coconut, and salt.
- 3. Add Yeast Last:** Make a well in the flour and add the baking powder and yeast.
- 4. Add Yeast Last:** Make a small well in the center of the flour and add instant yeast.
- 5. Optional Ingredients:** For additional flavor, include lime zest.
- 6. Select Bread Machine Settings:** Choose the "Basic" or "Cake" bread setting, depending on your machine. Select your preferred crust color: "Light" or "Medium." Start the machine.
- 7. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 220
- Protein: 5 g
- Carbohydrates: 34 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10 m

35

10

## CHOCOLATE MARBLE SWIRL BREAD (1 LB/450 G)

This Chocolate Marble Swirl Bread is a delightful fusion of rich chocolate and tender vanilla bread, creating a visually stunning and deliciously indulgent loaf. The bread has a soft, moist crumb with a beautifully marbled pattern, making it perfect for breakfast, snacks, or as a dessert.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Cocoa Powder: 2 tablespoons (0.5 oz) [15 g]

### Optional Ingredients for Flavor:

- Chopped Nuts (e.g., walnuts or pecans): 1/4 cup (1 oz) [30 g] for texture
- Chocolate Chips: 1/4 cup (1.5 oz) [42 g] for added richness

**1. Add Liquids First:** Pour warm milk into the bread machine pan. Add melted butter, lightly beaten eggs, and vanilla extract.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle sugar, baking powder, and salt evenly over the flour.

**3. Prepare the Chocolate Mixture:** In a small bowl, combine cocoa powder with a few tablespoons of milk to create a smooth paste.

**4. Layer for Swirl:** Once the machine starts mixing, pause it briefly (if your bread machine allows). Add the cocoa mixture to one side of the bread machine pan to create the marble effect.

**5. Add Mix-ins:** Add chocolate chips to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add chopped hazelnuts, a pinch of espresso powder for a richer chocolate flavor. These can be folded into the dough before starting the mixing cycle or layered for more texture.

**7. Select Bread Machine Settings:** Choose the "Cake" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a softer finish. Start the machine.

**8. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

- Calories: 230
- Protein: 5 g
- Carbohydrates: 35 g
- Fats: 9 g
- Fiber: 1 g
- Cholesterol: 45 mg
- Sodium: 150 mg
- Potassium: 100 mg



Prep time    Cooking time    Servings



10 m

35

10

## PECAN PRALINE BREAD (1 LB LOAF/450 G)

This Pecan Praline Bread is a decadent treat, combining the rich, buttery flavor of pralines with the nutty crunch of pecans. The bread has a soft, moist crumb and a slightly chewy crust, making it perfect for breakfast, snacks, or as a dessert. The bread machine simplifies the process, ensuring a perfectly baked loaf with minimal effort.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- Milk (warm): 1/2 cup (4 oz) [120 ml]
- Eggs: 2 large (3.5 oz) [100 g]
- Unsalted Butter (melted): 1/4 cup (2 oz) [56 g]
- Vanilla Extract: 1 teaspoon (0.2 oz) [5 ml]
- All-Purpose Flour: 2 1/4 cups (9.5 oz) [270 g]
- Brown Sugar: 1/2 cup (3.5 oz) [100 g]
- Baking Powder: 1 teaspoon (0.2 oz) [5 g]
- Salt: 1/2 teaspoon (0.1 oz) [3 g]
- Chopped Pecans: 1/2 cup (2 oz) [60 g]

### Optional Ingredients for Flavor:

- Cinnamon: 1/2 teaspoon (0.1 oz) [1 g] for warmth
- Maple Syrup: 2 tablespoons (1 oz) [30 ml] for added sweetness

**1. Prepare Wet Ingredients:** In a bowl, whisk together warm milk, melted butter, lightly beaten eggs, vanilla extract for rich aroma. Pour the wet mixture into the bread machine pan.

**2. Add Dry Ingredients:** Carefully add flour to the pan. Sprinkle brown sugar, baking powder, and salt evenly over the flour.

**3. Add Mix-ins:** Add chopped pecans to the bread machine's fruit and nut dispenser, or add them manually when the machine signals to add mix-ins. If using, add a pinch of cinnamon for warmth, and a maple syrup for a deeper sweetness.

**4. Select Bread Machine Settings:** Choose the "Cake" or "Basic" bread setting, depending on your machine. Select the "Light" crust color preference for a soft, golden finish. Start the machine.

**5. Post-Baking Instructions:** Once the baking cycle is complete, carefully remove the bread pan from the machine. Let the bread cool in the pan for about 10 minutes. Turn the bread out onto a wire rack to cool completely before slicing.

# Chapter 8: Tips, Tricks, and Troubleshooting

YOU CAN ADAPT JUST ABOUT ANY RECIPE FOR A BREAD MACHINE. ALL YOU NEED TO DO IS ADJUST THE INGREDIENT AMOUNT AND THE ORDER. HERE ARE A FEW TIPS AND TRICKS YOU CAN USE TO CHANGE UP ANY BREAD RECIPE FOR YOUR BREAD MACHINE



## HOW TO ADAPT ANY RECIPE FOR A BREAD MACHINE

### Tip #1: Use Bread Machine Yeast for Better Results

Bread machine yeast, or instant yeast, is designed to work well with the machine's set cycle. If a recipe calls for active dry yeast, you can still use it, but dissolve it in warm water first before adding it to the machine. Instant yeast or bread machine yeast can be added directly to the dry ingredients, making it easier and more reliable.

### Tip #2: Follow the Liquid-First Rule

If you're using a bread machine, always add the wet ingredients first, followed by the dry ingredients, and put the yeast on top. This keeps the yeast away from the liquids until the machine starts, preventing it from activating too early. If your recipe includes eggs, beat them first before adding them to the liquid ingredients.

### Tip #3: Adjust Kneading and Rising Times

Bread machines follow a preset cycle, which may not match every recipe. If your dough looks too dry or too wet after the first kneading phase, you can open the lid and adjust it by adding a little flour or liquid. If your bread is too dense, try increasing the amount of yeast or letting it rise a little longer before baking.

## A FEW MORE TIPS FOR A PERFECT LOAF

- Reduce the flour slightly. Many bread recipes use more flour than a bread machine needs. Rather start with less and add more. You can always add, but you can't take away.
- Cut back on the sugar and salt. Bread machines process dough differently, so cutting back on sugar and salt can improve texture and rising.
- Use room temperature ingredients. Cold liquids or butter can slow down yeast activity, affecting the final loaf.

- Check your dough's consistency. After the first five to ten minutes of kneading, open the lid and make sure the dough forms a smooth, soft ball. If it's too dry, add a tablespoon of water. If it's too sticky, add a little flour.

## STORING AND FREEZING HOMEMADE BREAD

Homemade bread is oh-so-delicious, but it doesn't have preservatives like store-bought bread, so it can dry out or go stale faster. Storing your bread properly helps keep your bread soft and fresh for as long as possible. Here are a few storage hacks that will see your homemade bread last even longer:

- **Store in an Airtight Container:** Store your bread in an airtight container or breadbox to prevent it from drying out. If you don't have a breadbox, a large resealable plastic bag or a container with a tight lid works just as well. Keeping air out helps the bread stay soft and fresh for several days.
- **Avoid the Fridge:** Storing bread in the fridge is a big no-no and makes your bread go stale faster. Cold air causes moisture loss, making the bread dry and tough. Store your bread at room temperature in a cool, dry place away from sunlight.
- **Freeze for Long-Term Storage:** Freezing is the best option for keeping your bread fresh. Slice it before freezing so you can easily take out just what you need. When you're ready for a slice, simply thaw it at room temperature or pop it straight into the toaster.
- **Wrap the Bread for Proper Freezing:** Protect your loaf and prevent freezer burn by wrapping it in plastic wrap, then in foil or a freezer-safe bag. Double-wrapping locks in that freshness and keeps the bread from absorbing any freezer smells. Homemade bread can last up to three months in the freezer without losing flavor or texture when wrapped correctly.

## FIXING COMMON BREAD MACHINE MISTAKES

Even with a great recipe, things don't always go as planned. But, there are a few things you can do to fix little mistakes and create that perfect loaf. Here's how to fix even the most common bread machine mistakes:

**Mistake 1: The Bread is too Dense:** If your bread is heavy and dense, it likely has too much flour or not enough yeast. Use a little less flour and add a bit more yeast to improve the rise.

**Mistake 2: The Bread has Collapsed:** Collapsed bread means too much liquid or over-rising. Double-check your measurements and make adjustments where necessary.

**Mistake 3: The Crust is too Dark:** Adjust your bread machine's crust setting to a lighter setting for a softer crust. If your bread machine doesn't have this setting, you can also cover the bread with foil during the last part of the baking cycle.

**Mistake 4: The Dough's Not Mixing:** Check that the kneading paddle is correctly in place.

## ENHANCING FLAVOR AND TEXTURE

One of the best things about a bread machine is making bread at home that you can customize however you like. Adding mix-ins, experimenting with different flavors, and swapping ingredients can take even the simplest loaf to the next level.

Here's how to do it:

### Boost Flavor with Mix-Ins

Toss in herbs, some shredded cheese, nuts, and even dried fruit for a new flavor combination and texture. Mix-ins should be added after the first kneading cycle so they don't get crushed. Herbs like garlic and rosemary create a delicious savory loaf, while cinnamon and raisins make it sweet.

### Sweeten Things Up

Instead of sugar, use honey, molasses, or maple syrup for a natural sweetness and even deeper flavor. Flavored oils, like garlic or basil-infused olive oil, add a gourmet twist to your otherwise "normal" bread.

### Experiment with Different Flours

Using whole wheat, rye, or spelt adds a nutty flavor and a heartier texture. Whole grain flours absorb more liquid, so you need to adjust the water slightly. Mix different flours with bread flour to keep the loaf soft while still getting a unique taste.

### Make it Softer and Richer

Swap out the milk in your recipe for water to create a softer crumb. Or replace butter with oil for a richer taste and even smoother texture.

Trying different combinations results in delicious homemade bread that suits your taste perfectly.



# Chapter 9: Frequently Asked Questions

IF THINGS AREN'T GOING PERFECTLY RIGHT AWAY, DON'T STRESS – EVERY GREAT BAKER STARTS SOMEWHERE, AND A FEW HICCUPS ARE COMPLETELY NORMAL. TAKE A DEEP BREATH, AND LET'S WORK THROUGH IT TOGETHER – HERE ARE SOME HELPFUL TIPS AND ANSWERS COMING UP THAT WILL MAKE YOUR BREAD MACHINE EXPERIENCE SMOOTHER AND MORE REWARDING.



## ANSWERING COMMON BEGINNER QUESTIONS

### Q: Why did my bread turn out dense?

A: There are a few things that could affect the density of your bread. First, check the freshness of your yeast. Expired yeast does not activate as it should. The type of flour you use also affects the density of your bread. Bread flour has more protein and helps create a better structure. If you're using all-purpose flour, the loaf might just turn out dense. Remember to measure your ingredients correctly. Too much flour or too little liquid makes the dough stiff and prevents it from rising well.

### Q: Can I use regular flour instead of bread flour?

A: Yes, you can, but the texture may be different. Bread flour has more gluten, which helps the dough rise higher and gives it a chewier texture. If you're using all-purpose flour, add a little extra kneading time to improve the structure.

### Q: Why is my bread too dry or too wet?

A: If your bread is too dry, add a little more liquid, like water, oil, or milk. If it's too wet or sticky, add a little more flour. Humidity affects dough consistency, so minor adjustments might be needed.

### Q: Do I have to use a special yeast?

A: Bread machine yeast or instant yeast works best because it dissolves quickly and rises well. You can use active dry yeast, but remember to proof it first.

### Q: The crust is too thick/too thin.

A: Many bread machines have crust settings (light, medium, dark). Experiment to find your preference. For a thinner crust, try brushing the loaf with butter or oil immediately after baking. For a thicker crust, select the dark setting or consider adding a pan of water to the bottom of the oven during baking (if your machine allows for this).

### Q: The bread has a strange odor or taste.

A: This could indicate old or contaminated ingredients. Check the expiration dates on your flour and yeast. Make sure your bread machine pan and paddle are clean and free of any residue.

### Q: The bread is sticking to the pan.

A: Grease the pan thoroughly, including the corners and paddle, with cooking spray or butter before adding the ingredients. Let the loaf cool slightly in the pan before removing it, then gently loosen the edges with a rubber spatula or knife.

### Q: My bread is unevenly baked.

A: This can happen if the ingredients aren't distributed evenly in the pan. Make sure to level the ingredients before starting the cycle. Also, check that the heating element in your machine is working correctly.

### Q: The bread is gummy or underbaked in the center.

A: This suggests the baking time isn't long enough. Try using the machine's longer baking cycle or increasing the baking time manually. You can also check for doneness by inserting a toothpick into the center - it should come out clean.

### Q: Can I use my own bread recipes in a bread machine?

A: Yes, but you may need to adapt them. Bread machine recipes are formulated specifically for the machine's baking cycle. Start with a recipe designed for a bread machine and then experiment with substituting ingredients or adjusting quantities once you're more comfortable. Pay close attention to the dough consistency - it should be slightly sticky but not too wet.

### Q: My bread machine makes a loud knocking noise during kneading. Is it broken?

A: Not necessarily. Some noise during kneading is normal, especially if the dough is quite stiff. However, a loud knocking sound could indicate that the paddle is hitting the side of the pan. Make sure the paddle is securely attached and that the pan is properly positioned in the machine. If the noise persists, consult your machine's manual or contact the manufacturer.

## BREAD MACHINE MAINTENANCE AND CLEANINGS

Taking care of your bread machine ensures it lasts longer and keeps making perfect loaves for years to come. A little regular cleaning goes a very long way in preventing issues like stuck-on-dough, unpleasant smells, or even mechanical problems that stand in the way of you and your delicious bread.

Here are a few tips on how to take care of your bread machine:

- **Unplug Before Cleaning:** This is paramount for safety. Always unplug the machine before any cleaning or maintenance.
- **Cool Down Completely:** Let the machine cool down completely after each use before cleaning. Handling a hot machine is dangerous, and sudden temperature changes can damage some components.
- **Hand-Wash Removable Parts:** The bread pan, kneading paddle, and any other removable parts should be washed by hand with warm, soapy water. Avoid abrasive cleaners or scouring pads, which can scratch the non-stick coating. A soft sponge or cloth is ideal. For stubborn dough, soak the parts in warm water for a while before cleaning.
- **Wipe Down the Interior:** Wipe the inside of the machine with a damp cloth or sponge. Pay particular attention to the corners and crevices where crumbs and dough can accumulate. Never immerse the machine itself in water.
- **Clean the Heating Element:** Crumbs can fall onto the heating element and burn, causing unpleasant odors or even affecting the machine's performance. Carefully brush off any crumbs from the heating element with a soft brush or pastry brush.
- **Dry Thoroughly:** Ensure all parts are completely dry before reassembling the machine. Moisture can lead to mold growth or damage the electrical components.
- **Avoid Harsh Chemicals:** Don't use harsh chemicals or abrasive cleaners on any part of the bread machine. They can damage the non-stick coating and other components.

- **Check the Paddle Regularly:** The kneading paddle can sometimes become loose or worn over time. Check it regularly and tighten it if necessary. If the paddle is damaged, replace it promptly.
- **Consult Your Manual:** Every bread machine is different. Your machine's manual is your best resource for specific cleaning and maintenance instructions. Refer to it regularly for guidance.
- **Regular Deep Clean:** Every few months, give your machine a more thorough cleaning. This might involve disassembling some parts (if your manual allows) and cleaning them more meticulously. This will help prevent the buildup of residue and keep your machine running smoothly for years to come. A paste of baking soda and water can be helpful for tackling stubborn stains.
- **Never Submerge Your Bread Machine in Water:** Bread machines have electrical components that water can damage. Never rinse or soak the entire machine, and just wipe the exterior and interior with a damp cloth.
- **Store Your Bread Machine in a Dry Place:** Moisture causes rust and mold, especially in humid environments. Keep your machine in a cool, dry place when it's not in use. If you don't use it too often, cover it with a cloth or store it in a cabinet to protect it from moisture and dust.



## APPENDIX 1: INGREDIENT SUBSTITUTIONS LIST

Making the perfect loaf involves a bit of trial and error, and also trying out a few different ingredients that take your loaf from “normal” to “spectacular.” Here are a few substitutes you should try to take your next loaf to the next level:

### FLOUR SUBSTITUTES

FLOUR TYPE	SUBSTITUTION
All-purpose flour	Bread flour (1:1)
Bread flour	All-purpose flour
Whole wheat flour	50% whole wheat and 50% bread flour
Gluten-free flour blend	1:1 replacement
Almond flour	Replace 25% of flour
Coconut flour	Use ¼ cup per 1 cup AP flour, and increase eggs and liquid
Rye flour	Replace up to 50% with bread flour

### SWEETENER SUBSTITUTIONS

ORIGINAL SWEETENER	SUBSTITUTION
All-purpose flour	Bread flour (1:1)
Bread flour	All-purpose flour
Whole wheat flour	50% whole wheat and 50% bread flour
Gluten-free flour blend	1:1 replacement

## APPENDIX 1: INGREDIENT SUBSTITUTIONS LIST

### DAIRY SUBSTITUTIONS

Milk (whole/skim)	Plant-based milk (almond, soy, oat, coconut)
Butter	Coconut oil, olive oil, margarine
Buttermilk	1 cup milk + 1 tbsp vinegar or lemon juice
Yogurt	Dairy-free yogurt or applesauce
Cream	$\frac{3}{4}$ cup milk and $\frac{1}{4}$ cup melted butter

### YEAST SUBSTITUTIONS

ORIGINAL YEAST	SUBSTITUTION
Active dry yeast	Instant yeast
Instant yeast	Active dry yeast
Fresh yeast	Use 3x the amount of dry yeast
No yeast	1 tsp baking soda and 1 tbsp lemon juice or vinegar

## APPENDIX 2: THE CONVERSION AND MEASUREMENT CHEAT SHEET

### GENERAL MEASUREMENT CONVERSIONS

IMPERIAL	METRIC
1 teaspoon (tsp)	5 ml
1 tablespoon (tbsp)	15 ml
1 fluid ounce (fl oz)	30 ml
1 cup	240 ml
1 pint (UK)	568 ml
1 quart (UK)	1.14 L
1 gallon (UK)	4.54 L
1 ounce (oz)	28 g
1 pound (lb)	454 g

### YEAST CONVERSIONS

TYPE	WEIGHT (GRAMS)	TEASPOONS
1 packet dry yeast	7 g	2 ¼ tsp
Fresh yeast to dry yeast	3:1 ratio	
Instant yeast to active dry yeast	1:1 ratio	

## APPENDIX 2: THE CONVERSION AND MEASUREMENT CHEAT SHEET

### COMMON INGREDIENT WEIGHTS AND MEASUREMENTS

INGREDIENT	1 CUP (IMPERIAL)	1 TABLESPOON	1 TEASPOON
Flour (plain, self-raising)	120 g	10 g	3 g
Sugar (granulated)	200 g	12.5 g	4.2 g
Sugar (brown, packed)	220 g	13.5 g	4.5 g
Butter	225 g	14 g	5 g
Honey/Syrup	340 g	21 g	7 g
Milk	240 ml	15 ml	5 ml
Oil (vegetable oil)	215 g	13.5 g	4.5 g
Cocoa Powder	100 g	6 g	2 g
Baking Powder/Bicarb	120 g	14 g	5 g

# Bonus 1: Homemade spread & butter recipes

## Sweet Spreads & Butters

- Honey Cinnamon Butter
- Vanilla Bean Whipped Butter
- Strawberry Chia Jam
- Caramelized Apple Butter
- Chocolate Hazelnut Spread
- Citrus Butter

## Homemade spreads

- Garlic Herb Butter
- Sun-Dried Tomato & Basil Butter
- Whipped Feta & Olive Spread
- Spicy Jalapeño Cheddar Butter
- Avocado Cilantro Lime Spread
- Roasted Garlic & Parmesan Spread



- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fat: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



Prep time    Cooking time    Servings



5m

5m

8

## HONEY CINNAMON BUTTER

This honey cinnamon butter offers a delightful balance of sweet honey and warm cinnamon, creating a spread that's both comforting and invigorating. The butter becomes incredibly soft and spreadable, melting beautifully into warm bread or pastries.

### Ingredients:

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 1/4 cup (2 oz.) [57 g] honey
- 1 tablespoon (0.5 oz.) [14 g] ground cinnamon
- 1/2 teaspoon (0.08 oz.) [2 g] vanilla extract (optional)
- Pinch of salt (optional)

1. **Combine ingredients:** In a medium bowl, place the softened butter. Add the honey, ground cinnamon, vanilla extract (if using), and salt (if using).
2. **Mix thoroughly:** Using a hand mixer or a stand mixer fitted with a paddle attachment, beat the ingredients together until they are light, fluffy, and well combined. Alternatively, you can use a spatula and mix vigorously by hand until smooth.
3. **Transfer and chill (optional):** For a firmer consistency, transfer the honey cinnamon butter to an airtight container and refrigerate for at least 30 minutes before serving. This step is not necessary if you prefer a softer, more spreadable butter.

### Serving Suggestions:

- Spread on bread, toasts, bagels, muffins, or pancakes.
- Use as a topping for waffles, French toast, or oatmeal.
- Serve as a glaze for roasted vegetables like carrots or sweet potatoes.
- Use as a filling for cinnamon rolls or other pastries.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fat: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time    Cooking time    Servings



5m

10m

8

## VANILLA BEAN WHIPPED BUTTER

This vanilla bean whipped butter offers a delicate sweetness and rich, creamy texture. The tiny flecks of vanilla bean add a beautiful visual appeal and an intense, authentic vanilla flavor. It's light and airy, making it perfect for spreading.

### Ingredients:

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 1/4 cup (2 oz.) [57 g] powdered sugar (confectioners' sugar)
- 1 vanilla bean, split and scraped, or 1 teaspoon (0.17 oz.) [5 ml] pure vanilla extract
- 2 tablespoons (1 oz.) [30 ml] milk (whole milk or 2% recommended)
- Pinch of salt (optional)

1. **Prepare the vanilla bean (if using):** If using a vanilla bean, split it lengthwise and scrape the seeds out with the back of a knife. Reserve the pod for another use (e.g., infusing sugar or making vanilla extract).
2. **Combine ingredients:** In a medium bowl, place the softened butter. Add the powdered sugar, vanilla bean seeds (or vanilla extract), milk, and salt (if using).
3. **Whip the butter:** Using a hand mixer or a stand mixer fitted with a whisk attachment, beat the ingredients together on medium-high speed until the butter is light, fluffy, and whipped, about 3-5 minutes. Scrape down the sides of the bowl as needed.

### Serving Suggestions:

- Spread on bread, toast, scones, muffins, or biscuits.
- Use as a topping for pancakes, waffles, or French toast.
- Serve with fresh fruit or berries.
- Use as a frosting for cupcakes or cakes.

- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



Prep time	Cooking time	Servings
 5m	 0m	 8

## STRAWBERRY CHIA JAM

This strawberry chia jam offers a burst of fresh strawberry flavor with a delightful, slightly textured consistency thanks to the chia seeds. It's naturally sweetened and less sugary than traditional jams, making it a healthy and delicious spread.

### Ingredients:

- 1 pound (16 oz.) [454 g] fresh strawberries, hulled and chopped
- 1/4 cup (2 oz.) [57 g] honey or maple syrup
- 2 tablespoons (1 oz.) [30 ml] lemon juice
- 1/4 cup (2 oz.) [57 g] chia seeds
- 1/4 teaspoon (0.04 oz.) [1 g] vanilla extract (optional)
- Pinch of salt (optional)

1. **Combine ingredients:** In a medium saucepan, combine the chopped strawberries, honey (or maple syrup), lemon juice, chia seeds, vanilla extract (if using), and salt (if using).
2. **Cook the jam:** Bring the mixture to a boil over medium-high heat, stirring occasionally. Once boiling, reduce the heat to low and simmer for 10-15 minutes, or until the jam has thickened to your desired consistency. Stir frequently to prevent sticking. The jam will thicken further as it cools.
3. **Mash (optional):** If you prefer a smoother jam, use a potato masher or the back of a fork to mash the strawberries to your desired consistency while the jam is still warm.
4. **Cool and store:** Remove the jam from the heat and let it cool completely. Transfer the jam to an airtight container and store in the refrigerator for up to 2 weeks.

### Serving Suggestions:

- Spread on bread, toast, bagels, English muffins, or crackers.
- Use as a filling for pastries, cakes, or cookies.
- Top yogurt, oatmeal, or pancakes.
- Serve with cheese and crackers.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time	Cooking time	Servings
 0m	 3-4h	 16

## CARAMELIZED APPLE BUTTER

This caramelized apple butter boasts a deep, rich flavor with notes of caramel and warm spices. Its texture is incredibly smooth and spreadable, perfect for slathering on toast or using as a filling. The slow cooking process intensifies the apple's natural sweetness, creating a truly decadent treat.

### Ingredients (multiply by 15 or 2 for a bigger loaf)

- 2 pounds (32 oz.) [907 g] apples (such as Honeycrisp, Fuji, or Braeburn), peeled, cored, and chopped
- 1 cup (8 oz.) [237 ml] apple cider or juice
- 1/2 cup (4 oz.) [118 ml] brown sugar, packed
- 2 tablespoons (1 oz.) [30 ml] lemon juice
- 1 teaspoon (0.17 oz.) [5 ml] ground cinnamon
- 1/2 teaspoon (0.08 oz.) [2 g] ground nutmeg
- 1/4 teaspoon (0.04 oz.) [1 g] ground cloves
- Pinch of salt (optional)

1. **Combine ingredients:** In a large pot or Dutch oven, combine all ingredients.
2. **Cook:** Bring the mixture to a boil over medium-high heat, then reduce heat to low, cover, and simmer for 1-2 hours, or until the apples are very soft and easily mashed, stirring occasionally.
3. **Blend:** Carefully transfer the cooked apple mixture to a blender or food processor and blend until smooth. Alternatively, use an immersion blender directly in the pot.
4. **Reduce (optional):** If you prefer a thicker butter, return the blended mixture to the pot and cook uncovered over low heat for another 30-60 minutes, or until it reaches your desired consistency, stirring frequently to prevent sticking.
5. **Cool:** Let the apple butter cool completely.
6. **Store:** Transfer to airtight containers and store in the refrigerator for up to 2 weeks or freeze for up to 3 months.

### Serving Suggestions:

- Spread on bread, toast, bagels, muffins, or biscuits.
- Use as a filling for pies, tarts, or pastries.

- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



Prep time    Cooking time    Servings



## CHOCOLATE HAZELNUT SPREAD

This chocolate hazelnut spread offers a decadent, rich chocolate flavor balanced by the nutty sweetness of hazelnuts. It has a smooth, creamy texture, perfect for spreading on bread, dipping fruit, or adding to desserts. This healthier version uses less sugar and incorporates wholesome ingredients.

### Ingredients:

- 1 cup (5 oz.) [142 g] hazelnuts, roasted and skinned
- 1/2 cup (2 oz.) [57 g] unsweetened cocoa powder
- 1/4 cup (2 oz.) [57 g] maple syrup or honey
- 1/4 cup (2 oz.) [59 ml] milk (dairy or non-dairy)
- 1 teaspoon (0.17 oz.) [5 ml] vanilla extract
- 1/4 teaspoon (0.04 oz.) [1 g] salt
- 2 tablespoons (1 oz.) [30 ml] coconut oil, melted (optional, for smoother texture)

- 1. Process hazelnuts:** In a food processor, process the roasted hazelnuts until they form a smooth butter. This may take several minutes, scraping down the sides of the bowl as needed. The hazelnuts will go through a crumbly stage before turning into a butter.
- 2. Add remaining ingredients:** Add the cocoa powder, maple syrup (or honey), milk, vanilla extract, salt, and melted coconut oil (if using) to the food processor.
- 3. Blend:** Process until the mixture is completely smooth and orange, scraping down the sides as needed.
- 4. Adjust consistency:** If the spread is too thick, add a tablespoon or two more milk until you reach your desired consistency.
- 5. Store:** Transfer the spread to an airtight container and store at room temperature for up to a week or in the refrigerator for up to two weeks.

### Serving Suggestions:

- Spread on toast, bagels, crackers, or pancakes.
- Use as a filling for crepes, cakes, or cookies.
- Dip fruit, such as strawberries or bananas.
- Add to smoothies or oatmeal.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time    Cooking time    Servings



## CITRUS BUTTER

This citrus butter is a bright and zesty spread with a refreshing tang. The combination of orange, lemon, and lime zests creates a complex citrus flavor that complements the rich butter beautifully. Its smooth, creamy texture makes it perfect for spreading on bread, topping seafood, or adding a burst of flavor to vegetables.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 1 tablespoon (0.5 oz.) [15 ml] orange zest (from about 1 large orange)
- 1 tablespoon (0.5 oz.) [15 ml] lemon zest (from about 1 large lemon)
- 1 tablespoon (0.5 oz.) [15 ml] lime zest (from about 1 large lime)
- 2 tablespoons (1 oz.) [30 ml] orange juice
- 1 tablespoon (0.5 oz.) [15 ml] lemon juice
- 1 tablespoon (0.5 oz.) [15 ml] lime juice
- 1/4 teaspoon (0.04 oz.) [1 g] salt

- 1. Zest the citrus fruits:** Use a fine grater or zester to remove the zest from the orange, lemon, and lime, being careful to avoid the white pith, which can be bitter.
- 2. Juice the citrus fruits:** Juice the orange, lemon, and lime.
- 3. Combine ingredients:** In a medium bowl, combine the softened butter, orange zest, lemon zest, lime zest, orange juice, lemon juice, lime juice, and salt.
- 4. Mix thoroughly:** Using a fork or a spatula, mix all the ingredients together until they are well combined and the butter is smooth and creamy.
- 5. Shape and chill (optional):** For easier spreading or presentation, you can shape the butter. Place the butter mixture onto a sheet of plastic wrap and shape it into a log. Wrap tightly and refrigerate for at least 30 minutes to firm up. Alternatively, you can pack the butter into a small container and refrigerate. This step is not necessary if you plan to use the butter immediately.

- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



## GARLIC HERB BUTTER

This garlic herb butter is bursting with fresh, savory flavors. The combination of garlic, herbs, and a touch of lemon creates a vibrant and aromatic spread. It's perfect for adding a flavorful boost to grilled meats, vegetables, or crusty bread.

### Ingredients:

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 4 cloves garlic, minced (approximately 1 tablespoon or 0.5 oz.) [15 g]
- 2 tablespoons (1 oz.) [30 ml] chopped fresh parsley
- 2 tablespoons (1 oz.) [30 ml] chopped fresh chives
- 1 tablespoon (0.5 oz.) [15 ml] lemon juice
- 1 teaspoon (0.17 oz.) [5 ml] dried oregano
- 1/2 teaspoon (0.08 oz.) [2 g] salt
- 1/4 teaspoon (0.04 oz.) [1 g] black pepper

1. **Combine ingredients:** In a medium bowl, combine the softened butter, minced garlic, chopped parsley, chopped chives, lemon juice, dried oregano, salt, and black pepper.
2. **Mix thoroughly:** Using a fork or a spatula, mix all the ingredients together until they are well combined and evenly distributed throughout the butter.
3. **Shape and chill (optional):** For easier spreading or presentation, you can shape the butter. Place the butter mixture onto a sheet of plastic wrap and shape it into a log. Wrap tightly and refrigerate for at least 30 minutes to firm up. Alternatively, you can pack the butter into a small container and refrigerate. This step is not necessary if you plan to use the butter immediately.

### Serving Suggestions:

- Spread on crusty bread or rolls.
- Spread on grilled steak, chicken, fish, or vegetables.
- Use as a topping for baked potatoes or roasted vegetables.
- Toss with pasta or steamed rice.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



## SUN-DRIED TOMATO & BASIL BUTTER

This sun-dried tomato and basil butter is a flavorful explosion of umami and freshness. The chewy sun-dried tomatoes and fragrant basil complement the rich butter, creating a spread that's both savory and vibrant. It's perfect for adding a Mediterranean touch to any dish.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 1/2 cup (2 oz.) [57 g] sun-dried tomatoes, oil-packed, drained and finely chopped
- 1/4 cup (0.5 oz.) [14 g] fresh basil leaves, chopped
- 2 cloves garlic, minced (approximately 1 tablespoon or 0.5 oz.) [15 g]
- 1 tablespoon (0.5 oz.) [15 ml] lemon juice
- 1/4 teaspoon (0.04 oz.) [1 g] red pepper flakes (optional, for a touch of heat)
- 1/4 teaspoon (0.04 oz.) [1 g] salt
- 1/4 teaspoon (0.04 oz.) [1 g] black pepper

1. **Prepare the sun-dried tomatoes:** If using oil-packed sun-dried tomatoes, drain them well and pat them dry with paper towels. Finely chop the tomatoes.
2. **Combine ingredients:** In a medium bowl, combine the softened butter, chopped sun-dried tomatoes, chopped basil, minced garlic, lemon juice, red pepper flakes (if using), salt, and black pepper.
3. **Mix thoroughly:** Using a fork or a spatula, mix all the ingredients together until they are well combined and evenly distributed throughout the butter.
4. **Shape and chill (optional):** For easier spreading or presentation, you can shape the butter. Place the butter mixture onto a sheet of plastic wrap and shape it into a log. Wrap tightly and refrigerate for at least 30 minutes to firm up. Alternatively, you can pack the butter into a small container and refrigerate. This step is not necessary if you plan to use the butter immediately.

- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



Prep time



5m

Cooking time



5m

Servings



12

## WHIPPED FETA & OLIVE SPREAD

This whipped feta and olive spread is a tangy, salty, and utterly addictive appetizer. The creamy whipped feta is punctuated by the briny olives and bright lemon, creating a flavor explosion in every bite. Its airy texture makes it perfect for dipping or spreading.

### Ingredients:

- 8 oz. (1 cup) [227 g] feta cheese, crumbled and drained
- 1/2 cup (4 oz.) [118 ml] plain Greek yogurt (full-fat or 2%)
- 1/4 cup (2 oz.) [57 g] pitted Kalamata olives, roughly chopped
- 2 tablespoons (1 oz.) [30 ml] olive oil
- 1 tablespoon (0.5 oz.) [15 ml] lemon juice
- 1/4 teaspoon (0.04 oz.) [1 g] black pepper
- 1/8 teaspoon (0.02 oz.) [0.5 g] dried oregano (optional)

1. **Combine ingredients:** Add the crumbled feta cheese, Greek yogurt, chopped Kalamata olives, olive oil, lemon juice, black pepper, and dried oregano (if using) to a food processor.
2. **Whip:** Process until the mixture is smooth, light, and airy, scraping down the sides of the bowl as needed. This should take about 1-2 minutes. Do not over-process, or the spread may become too runny.
3. **Adjust consistency:** If the spread is too thick, add a tablespoon or two more of Greek yogurt or olive oil until you reach your desired consistency.
4. **Serve immediately or chill:** The spread is best served immediately or chilled for up to 2 hours before serving.

### Serving Suggestions:

- Serve with fresh bread, crackers, or crudités.
- Use as a spread for sandwiches or wraps.
- Top grilled chicken or fish.
- Dollop on salads or roasted vegetables.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



Prep time



10m

Cooking time



10m

Servings



8

## SPICY JALAPEÑO CHEDDAR BUTTER

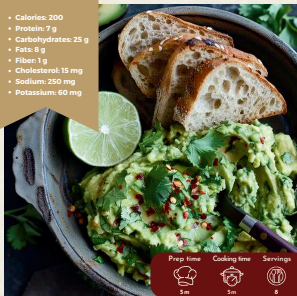
This spicy jalapeño cheddar butter delivers a fiery kick balanced by the sharp cheddar and rich butter. The creamy, spreadable texture is punctuated by bits of jalapeño and cheddar, adding a delightful textural element. It's perfect for adding a bold, cheesy, and spicy flavor to everything from cornbread to grilled meats.

### Ingredients (multiply by 15 or 2 for a bigger loaf)

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 1/2 cup (2 oz.) [57 g] shredded sharp cheddar cheese
- 2 jalapeños, seeded and minced (approximately 2 tablespoons or 1 oz. [30 g] (adjust to your spice preference))
- 1 tablespoon (0.5 oz.) [15 ml] lime juice
- 1/2 teaspoon (0.08 oz.) [2 g] garlic powder
- 1/4 teaspoon (0.04 oz.) [1 g] salt
- 1/4 teaspoon (0.04 oz.) [1 g] black pepper

1. **Prepare the jalapeños:** Wash the jalapeños, cut them in half lengthwise, and remove the seeds and membranes for a milder heat. Finely mince the jalapeños. If you prefer a spicier butter, leave some or all of the seeds and membranes intact. Wear gloves when handling jalapeños to avoid skin irritation.
2. **Combine ingredients:** In a medium bowl, combine the softened butter, shredded cheddar cheese, minced jalapeños, lime juice, garlic powder, salt, and black pepper.
3. **Mix thoroughly:** Using a fork or a spatula, mix all the ingredients together until they are well combined and evenly distributed throughout the butter.
4. **Shape and chill (optional):** For easier spreading or presentation, you can shape the butter. Place the butter mixture onto a sheet of plastic wrap and shape it into a log. Wrap tightly and refrigerate for at least 30 minutes to firm up. Alternatively, you can pack the butter into a small container and refrigerate. This step is not necessary if you plan to use the butter immediately.

- Calories: 200
- Protein: 7 g
- Carbohydrates: 25 g
- Fats: 8 g
- Fiber: 1 g
- Cholesterol: 15 mg
- Sodium: 250 mg
- Potassium: 60 mg



## AVOCADO CILANTRO LIME SPREAD

This avocado cilantro lime spread is a vibrant and refreshing dip or spread with a creamy, smooth texture. The richness of the avocado is balanced by the bright citrusy lime and herbaceous cilantro, creating a perfect harmony of flavors. It's a healthy and versatile addition to any meal.

### Ingredients:

- 2 ripe avocados (approximately 1 pound or 16 oz.) [454 g], pitted and scooped
- 1/4 cup (0.5 oz.) [14 g] chopped fresh cilantro
- 2 tablespoons (1 oz.) [30 ml] lime juice
- 1 tablespoon (0.5 oz.) [15 ml] water
- 1/2 teaspoon (0.08 oz.) [2 g] garlic powder
- 1/4 teaspoon (0.04 oz.) [1 g] salt
- 1/4 teaspoon (0.04 oz.) [1 g] black pepper
- 1/4 teaspoon (0.04 oz.) [1 g] cumin (optional)
- Pinch of red pepper flakes (optional, for heat)

1. **Combine ingredients:** In a medium bowl, combine the avocado, chopped cilantro, lime juice, water, garlic powder, salt, pepper, cumin (if using), and red pepper flakes (if using).
2. **Mash and mix:** Using a fork, mash the avocado until it reaches your desired consistency. You can leave it slightly chunky or mash it until completely smooth. Stir all the ingredients together until they are well combined.
3. **Adjust consistency:** If the spread is too thick, add a tablespoon or two more water until you reach your desired consistency.
4. **Serve immediately or chill:** The spread is best served immediately, but it can be stored in an airtight container in the refrigerator for up to 2 days. To prevent browning, press a piece of plastic wrap directly onto the surface of the spread before sealing the container.

### Serving Suggestions

- Serve with breads, tortilla chips, pita bread, or vegetables for dipping.
- Use as a spread for sandwiches or wraps.
- Top grilled chicken, fish, or tacos.

- Calories: 160
- Protein: 4 g
- Carbohydrates: 26 g
- Fats: 4 g
- Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 200 mg
- Potassium: 70 mg



## HERB GARDEN COMPOUND BUTTER

This herb garden compound butter is a fragrant and flavorful spread bursting with fresh herbs. The blend of parsley, chives, thyme, and rosemary creates a complex and aromatic flavor profile that elevates any dish. Its smooth, creamy texture is perfect for spreading on bread, melting over grilled meats, or adding a finishing touch to roasted vegetables.

### Ingredients (multiply by 1.5 or 2 for a bigger loaf)

- 1 cup (8 oz.) [227 g] unsalted butter, softened
- 2 tablespoons (1 oz.) [28 g] chopped fresh parsley
- 2 tablespoons (1 oz.) [28 g] chopped fresh chives
- 1 tablespoon (0.5 oz.) [14 g] chopped fresh thyme
- 1 tablespoon (0.5 oz.) [14 g] chopped fresh rosemary
- 1 clove garlic, minced (approximately 1 teaspoon or 0.17 oz.) [5 g]
- 1/4 teaspoon (0.04 oz.) [1 g] salt
- 1/4 teaspoon (0.04 oz.) [1 g] black pepper
- Zest of 1/2 lemon (optional, for a brighter flavor)

1. **Prepare the herbs:** Wash and dry the fresh parsley, chives, thyme, and rosemary. Finely chop the herbs.
2. **Combine ingredients:** In a medium bowl, combine the softened butter, chopped parsley, chopped chives, chopped thyme, chopped rosemary, minced garlic, salt, pepper, and lemon zest (if using).
3. **Mix thoroughly:** Using a fork or a spatula, mix all the ingredients together until they are well combined and evenly distributed throughout the butter.
4. **Shape and chill (optional):** For easier spreading or presentation, you can shape the butter. Place the butter mixture onto a sheet of plastic wrap and shape it into a log. Wrap tightly and refrigerate for at least 30 minutes to firm up. Alternatively, you can pack the butter into a small container and refrigerate. This step is not necessary if you plan to use the butter immediately.

### Serving Suggestions

- Spread on crusty bread, rolls, or baguettes.
- Use as a topping for grilled steak, chicken, fish, or vegetables.

## Bonus 2: Printable Bread Baking Journal



SCAN ME



If you've enjoyed learning to bake bread with this book, I'd be thrilled if you'd share your experience by leaving a review. Your feedback helps other aspiring bread makers discover the joy of homemade bread!

*Yours Sincerely,  
Jane*