

The Complete  
**Bread Machine**  
Cookbook

*Easy, Healthy, and Delicious Recipes  
for Perfect Homemade Bread*

*Includes Gluten-Free, Keto and Low-Carb Options*

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# INTRODUCTION

**B**read is one of humanity's most remarkable creations – a humble blend of ingredients that transcends cultures and embodies our shared human experience. When we examine bread throughout history, we discover it's far more than mere sustenance; it's a thing that weaves through the fabric of human civilization. Today, as our lives have become busier and demands on our time grow, traditional bread baking can feel out of reach for many. Thankfully, a solution makes homemade bread accessible to all: the bread machine.

A bread machine is the ultimate time-saver for busy professionals, parents, and anyone juggling a hectic schedule. It simplifies the entire baking process, enabling you to enjoy the magic of homemade bread even on your busiest days.

This book, *The Complete Bread Machine Cookbook*, was created to share the joy of baking fresh bread at home and to make the process simple and approachable for everyone. Whether you're new to bread baking or an experienced home baker looking for new inspiration, this cookbook will help you make the most of your bread machine. You'll find recipes that meet today's needs – from timeless classics to gluten-free, keto, and low-carb alternatives. With just a few ingredients, a press of a button, and minimal effort, you can enjoy artisan-quality bread in the comfort of your home.

These versatile recipes suit any bread machine. Easy instructions allow you to customize loaves using herbs, cheese, fruit, or nuts to match your taste.

There's something deeply satisfying about slicing into a loaf you've made yourself. With a bread machine and *The Complete Bread Machine Cookbook*, that satisfaction is now within reach. Prepare to transform your understanding of bread making – one loaf at a time. Let's get baking!

# GETTING STARTED WITH YOUR BREAD MACHINE

## What Is a Bread Machine?

A bread machine— is an innovative tool that simplifies and revolutionizes the art of bread-making. Blending time-honored baking methods with modern technology turns a labor-intensive process into an easy and enjoyable activity, allowing anyone to produce fresh, high-quality bread with exceptional consistency and minimal effort.

### Key Components of a Bread Machine

#### 1. Bread Pan

The bread pan is a rectangular, removable container often made of aluminum or stainless steel. It has a non-stick coating for easy bread removal and cleaning. A bottom spindle connects to the kneading paddle for dough mixing.

#### 2. Kneading Paddle

At the heart of the bread-making process, the kneading paddle rotates to mix and knead the dough. Some machines have a single paddle, while others come with dual paddles for better kneading, especially for larger loaves or whole-grain recipes.

#### 3. Heating Element

Located at the machine's base, it provides consistent heat for proofing the dough and baking the bread.

#### 4. Control Panel

This intelligent interface bridges your culinary imagination and the machine precise technological capabilities – the interface where users select settings, loaf sizes, and crust preferences. Many modern machines feature digital displays with intuitive buttons or touchscreens for easy use.

#### 5. Lid with Viewing Window

This viewing window allows you to control the progress of the bread in real time without interrupting the baking cycle.

### Types of Bread Machines

Bread machines come in various sizes and designs, catering to different needs:

**Compact Models:** These are ideal for small kitchens or singles/couples. They are also more economical in energy consumption and produce 1 lb loaves.

**Standard Models:** are the most common size (they make 1.5 - 2-pound loaves) and are suitable for families.

**Large-capacity models** have commercial class capacity (producing 2,5-3 lb loaves).

It is suitable for large families and has extended baking cycles.

**Programmable Machines:** Equipped with advanced settings for custom recipes, including gluten-free and keto options.

**Dual-Paddle Machines:** Perfect for heavier doughs, like whole-grain or rye bread.

**Key factors for selection** are kitchen space, family size, baking frequency, budget range, and required features.

## The Principle of Operation

The bread machine works through a series of automated steps:

### ➤ Adding Ingredients

The bread-making process starts by loading the ingredients into the bread pan in a deliberate sequence: **Liquids** are added first to ensure even hydration throughout the dough. **Dry Ingredients** are layered on top of the liquids to form a barrier. **Yeast** is added and placed on the dry ingredients to avoid premature activation before the kneading begins.

### Mixing

Once the machine starts, the kneading paddle at the base of the bread pan begins to rotate. The paddle mixes the ingredients, gradually incorporating the dry and wet components into a uniform dough. This stage ensures the dough is combined correctly, with no pockets of dry flour or excess liquid.

### ➤ Kneading

After mixing, the machine moves into the kneading phase, where the dough is worked to develop gluten, the protein structure that gives bread its elasticity and chewy texture. The paddle continues to rotate, stretching and folding the dough repeatedly. The kneading time and intensity vary based on the selected bread program and the type of flour.

### ➤ Proofing (Rising)

The machine provides a warm, controlled environment for the dough to rise. The yeast activates and produces carbon dioxide at this stage, expanding the dough.

### ➤ Punching Down

The machine may punch down the dough for some programs after the first proofing. This step releases excess air bubbles, redistributes the yeast, and ensures an even rise during the final proof.

### ➤ **Final Proofing**

After punching down, the dough undergoes a second rise (in most bread cycles). This ensures the bread has the proper volume and structure before baking. The machine automatically times this stage for optimal results, requiring no manual intervention.

### ➤ **Baking**

Finally, the machine activates the heating element to bake the dough into a golden, aromatic loaf. It carefully monitors the time and temperature to ensure perfect results.

### ➤ **Cooling**

Many bread machines feature a “keep warm” setting after baking to prevent the bread from becoming soggy.

The loaf remains warm for a set period, making it convenient to enjoy fresh bread from the machine.

## **Automation Meets Precision**

Throughout the process, the bread machine operates with remarkable precision: **Sensors** monitor the dough consistency, temperature, and baking time. **Pre-programmed Cycles** adjust mixing, kneading, proofing, and baking times based on the type of bread selected (e.g., whole wheat, gluten-free, or sweet).

The bread machine seamless operation eliminates the guesswork in baking, making it accessible for beginners and a time-saving tool for experienced bakers.

# Standard Settings and Cycles in Bread Machines

Modern bread machines are equipped with specialized programs that enhance each baking stage. Although features differ by model, the following core cycles are commonly available:

## ➤ **Basic/White Bread**

Purpose: Ideal for standard loaves made with all-purpose flour or bread flour.

Features: A balanced mixing, kneading, proofing, and baking cycle.

Duration: usually 3-4 hours, depending on the machine.

## ➤ **Whole Wheat**

Features: Extended kneading and proofing times to properly develop the gluten in heavier doughs.

Duration: Often longer than the Basic cycle, around 4-5 hours.

Ideal For: Whole wheat bread, multigrain loaves, or high-fiber recipes.

## ➤ **Sweet Bread**

Purpose: Optimized for recipes with added sugar, fats, and fruits.

Features: Adjusted baking temperatures to prevent over-browning of sugar-rich doughs.

Duration: About 3-4 hours.

Ideal For: Cinnamon raisin bread, brioche, or fruit bread.

## ➤ **French/European Bread**

Purpose: Light, airy bread with a crisp crust, similar to traditional French loaves.

Features: Longer rising times and higher baking temperatures.

Duration: Usually 4-5 hours.

Ideal For: Baguettes, French bread, or artisan-style loaves.

## ➤ **Gluten-Free**

Purpose: Designed for flours that lack gluten, such as rice, almond, or sorghum flour.

Features: Shorter kneading cycles and precise proofing to prevent dense or dry bread.

Duration: Approximately 2–3 hours, depending on the recipe.

Ideal For: Gluten-free bread and specialty diets.

➤ **Dough-Only Cycle**

Purpose: Prepares dough for shaping and baking outside the machine.

Features: Completes the mixing, kneading, and proofing phases but skips the baking step.

Duration: Usually 1-1.5 hours.

Ideal For: Pizza dough, dinner rolls, pretzels, or flatbreads.

➤ **Quick/Express Bake**

Purpose: Speeds up the entire bread-making process for fast results.

Features: Uses rapid kneading and proofing times but may result in a denser loaf.

Duration: Often under 2 hours.

Ideal For: Simple bread recipes when time is limited.

➤ **Cake or Quick Bread**

Purpose: For non-yeast recipes like cakes, banana bread, or cornbread.

Features: Focuses on mixing and baking without extended proofing times.

Duration: About 1-2 hours.

Ideal For: Sweet or savory quick bread and dessert loaves.

➤ **Jam Cycle**

Purpose: Allows the machine to mix, heat, and cook ingredients into a smooth, spreadable consistency.

Features: Continuous stirring and even heat distribution.

Duration: Typically 1-1.5 hours.

Ideal For: Homemade jams, jellies, or fruit preserves.

➤ **Manual Cycle**

Unlike pre-set programs, this cycle allows users to tailor each stage, offering unmatched flexibility and precision.

This cycle has manual control throughout kneading, rising, and baking.

Adapt to Specialty Ingredients: When working with unconventional flours, the low-gluten dough is ideal when required for fine-tuning.

## **Additional Features in Popular Models**

- ✓ *Delayed Timer*: Start the bread-making process later to have fresh bread ready when needed.
- ✓ *Crust Color Options*: Choose between light, medium, or dark crust.
- ✓ *Mix-In Beep*: Alerts you when to add extras like nuts, dried fruits, or seeds.
- ✓ *Keep Warm Function*: Maintains the bread warmth after baking without overcooking.
- ✓ *Loaf Size*: This feature lets you adjust the program to accommodate small, medium, or large loaves (typically 1 to 2 pounds).

Modern bread machines adapt to any baker through versatile programs and flexible options that accommodate different diets and skills.

From basic sandwich loaves to intricate artisan bread, these appliances make baking delicious creations at home easy with a button.

## The Main Ingredients for Making Bread

Making bread successfully begins with understanding the core ingredients that work together to create the perfect loaf.

**1. Flour** is not just an ingredient but the soul of bread making. This powdered miracle worker is responsible for bread structure, texture development, growth potential, flavor profile, and final crumb quality. Here is what role it plays:

➤ **Source of Gluten:**

*Gluten formation:* Flour is rich in proteins, primarily glutenin, and gliadin, which combine to create gluten when hydrated and kneaded.

*Elasticity and structure:* Gluten forms a flexible framework that captures the carbon dioxide released by yeast, enabling the dough to expand and maintain its structure.

➤ **Determines Texture:**

Flour with a **high protein** content gives a chewy and well-structured crumb and **Low-protein flour** provides a more delicate texture.

➤ **What affects the taste:**

**Specialty flours** contribute unique flavors and enhance the bread taste profile with rich mineral content.

**Fermentation Effect:** During fermentation, flour provides nutrients to the yeast, enhancing the bread's depth of flavor over time.

➤ **Absorbs Liquids:** The hydration level affects the dough elasticity, consistency, and final quality of the bread.

➤ **Adds Nutritional Value:**

**Essential Nutrients:** Flour is rich in carbohydrates, a key energy source, and, depending on the type, contains varying amounts of fiber, vitamins, and minerals (e.g., whole wheat flour has more nutrients than refined white flour).

## Choosing the Right Flour for Bread

- ✓ **Bread Flour:** High-protein content makes it ideal for bread, providing strength and elasticity for a good rise.
- ✓ **Whole Wheat Flour** adds density and nutritional value, but it may need to be mixed with bread flour for a lighter texture.
- ✓ **All-Purpose Flour:** A versatile option, though it may yield a softer crumb.
- ✓ **Specialty Flours:** Rye, spelt or gluten flours add unique flavors and textures but may require recipe adjustments.

Understanding the role of flour and selecting the right type ensures a successful baking process and delicious results.

**2. Yeast** is responsible for fermentation, which causes the dough to rise. Leavening is the essential process that gives bread its light, airy texture and irresistible aroma. While yeast is a classic choice, several ways exist to achieve the ideal rise, each contributing distinct characteristics to the finished loaf. Here's a closer look at the diverse methods for leavening bread.

### ➤ **The Classic Approach (Yeast Fermentation)**

Using yeast as a leavening agent is a classic choice that results in soft, fluffy bread with a more traditional texture. Yeast ferments sugar in the dough, producing carbon dioxide that creates the rise.

**How It Works:** After mixing and kneading the dough, it undergoes one or more proofing stages before being shaped and cooked.

**Best For:** Stove-top focaccia, naan, or small sandwich loaves.

### **Types of Yeast:**

#### ✓ **Instant Yeast**

Doesn't require activation in water. Mixes directly with dry ingredients, making it ideal for bread machines.

#### ✓ **Active Dry Yeast**

Requires proofing in warm water before use.

It is commonly used for traditional bread recipes.

#### ✓ **Fresh Yeast**

It comes in a compressed form and has a short shelf life.

It offers a distinct, mild flavor and is favored by artisan bakers.

Understanding yeast critical role and how to work with it effectively can help you consistently produce delicious, high-quality bread.

The universal rule for adjusting the amount of yeast is as follows: for 500 grams of flour, you need 25-30 grams of fresh yeast, 5 grams of active dry yeast, or 1 tsp of instant dry yeast. However, recipes may vary.

### ➤ **Quick Leavening for Non-Yeast Breads**

Not all bread relies on yeast. Like bananas or soda, quick bread uses chemical leaveners, such as baking powder or soda. These agents react immediately with liquid and heat, making them ideal for fuss-free, time-saving recipes.

Best For: Flatbreads, quick bread, or Irish soda bread.

Advantages: No waiting time for rising, making it perfect for quick bread-making.

### ➤ **The Art of Sourdough**

Sourdough relies on a natural starter of wild yeast and bacteria to leaven the dough, resulting in bread with a distinct tangy flavor and chewy texture. The slower fermentation enhances the bread texture and digestibility.

Best For: artisan bread, flatbreads, or sourdough pancakes.

Advantages: Sourdough provides a depth of flavor and natural fermentation benefits, though it requires patience and care.

## **3. Water and Salt**

The interplay between water and salt is crucial in bread-making. Achieving the right balance helps create a dough that is easy to work.

**Water** is essential in bread-making. It serves several key functions: hydrates the flour, forms the dough, and activates gluten.

Water activates the flour proteins (glutenin and gliadin), allowing the gluten to form when mixed. It also dissolves the yeast, enabling it to interact with the sugars and starches in the dough, starting the fermentation process. This produces carbon dioxide, which causes the dough to rise.

Water temperature affects fermentation. Warm water (about 95-110°F or 35-43°C) activates the yeast. Excessive temperatures destroy the essential proteins within yeast cells, rendering them permanently inactive.

Conversely, yeast cells become sluggish when temperatures drop too low (below 70°F/21°C). The fermentation process continues, but at a reduced pace; it could take hours longer than usual for your dough to rise correctly.

During baking, water in the dough turns to steam, which helps expand the loaf and contributes to a glossy, crisp crust when baking with steam.

**Salt** is a crucial component in the bread-making process. Bread with salt tastes better and strengthens the dough structure by strengthening the gluten network.

Salt extinguishes yeast activity. This is convenient in the hot season, as adding salt prevents the dough from quickly turning sour.

Salt enhances the color and crispness of the crust during baking and helps to create a pleasant, uniform crumb inside the bread.

In addition, salt extends the shelf life of bread by reducing moisture loss and preventing mold growth.

## 4. Other Ingredients

While the essential ingredients for bread are flour, water, yeast, and salt, additional ingredients can elevate your bread flavor, texture, and nutritional value. Below is a list so you can experiment, get creative, and come up with your list of ingredients to add to bread:

### ➤ Liquids

In addition to water, a variety of alternative liquids can enrich your dough and enhance the flavor profile of your bread:

**Milk** adds a creamy richness, softens the crumb, and enhances browning during baking.

**Fruit Juices** impart natural sweetness and distinct fruity undertones, perfect for breakfast or dessert bread.

**Broths or Stock** imparts savory notes for specialty bread like herb or cheese loaves.

### **Alcoholic Beverages**

Beer adds a malty, earthy flavor and can enhance the bread rise due to its yeast content.

Wine: Introduces subtle acidity and fruity aromas, ideal for artisan bread.

Spirits (e.g., rum or brandy): Provide warmth and depth, particularly in festive or fruit-laden bread.

These liquids allow bakers to create diverse bread with unique flavors, textures, and aromas.

## ➤ **Fats**

Fats, such as butter, oil, or shortening, tenderize the crumb and improve the bread moisture retention.

**Butter:** Adds a rich, buttery flavor and softness.

**Olive oil:** Ideal for Mediterranean-style bread with a subtle, fruity flavor.

**Coconut oil:** Adds a mild sweetness and works well in the enriched dough.

## ➤ **Juicy Ingredients**

Fresh fruits or vegetables, like apples, zucchini, or bananas, can add moisture and flavor.

**Fruits:** Bananas and apples contribute natural sweetness and a moist texture.

**Vegetables:** Zucchini or pumpkin creates a soft, tender crumb. Dried vegetables such as tomatoes are better if you want to add them. On the other hand, it is better to fry onions, garlic, mushrooms, or peppers first so that they reveal their aroma.

## ➤ **Spices**

Spices elevate the flavor profile of your bread, making it more distinctive.

**Cinnamon:** Perfect for sweet loaves or breakfast bread.

**Nutmeg and cardamom:** Add warmth and complexity.

**Cumin or paprika:** Ideal for savory bread with a bold taste.

## ➤ **Seeds and Nuts**

These add-ins enhance texture, flavor, and nutritional value.

**Seeds:** Sesame, sunflower, or flaxseeds add crunch and are rich in nutrients.

**Nuts:** Walnuts, almonds, or pecans provide a nutty flavor and chewy texture.

## ➤ **Dried Herbs**

Herbs like oregano, thyme, or rosemary bring aromatic and savory notes.

**Oregano:** Pairs well with cheese or tomato-based bread.

**Rosemary:** Adds a fragrant, earthy flavor.

## ➤ **Cheese**

Cheese can be mixed directly into the dough or used as a topping to add a deliciously savory flavor.

**Cheddar:** Creates a sharp, bold flavor.

**Parmesan:** Adds a salty, nutty taste.

**Cream cheese:** Perfect for soft, enriched dough.

## ➤ **Sugar**

Sugar is not just for sweetness; it feeds the yeast, enhancing fermentation.

**White sugar:** The most common choice for a neutral sweetness.

**Honey:** Adds a floral note and keeps the bread moist.

**Molasses:** Offers a rich, robust flavor ideal for darker bread.

Now you can improvise. Be brave. Take a risk. Surprise yourself with what your hands and the bread machine are capable of.

# Tips for Working with a Bread Machine

Here are some essential tips for working with a bread machine:

## **Read the Manual**

Every bread machine model is slightly different. Read the manual to learn about your machine features, settings, and limitations.

Pay attention to recommended ingredient orders and tips unique to your brand.

## **Follow Ingredient Order**

To achieve the best results, add ingredients to the bread pan in the order suggested by your bread machine manual. Generally, liquids are added first, then dry ingredients, and finally, yeast is placed on top to prevent early activation.

## **Measure Ingredients Accurately**

Use precise measurements for all ingredients, primarily yeast, flour, and liquids.

Use a kitchen scale for accuracy when measuring flour.

## **Use Fresh Ingredients**

Ensure your yeast is fresh and active. Check expiration dates, and store yeast in the refrigerator or freezer for a longer shelf life.

Use high-quality bread flour for better gluten development and texture.

## **Adjust for Altitude and Humidity**

If you live at high altitudes, reduce yeast and sugar slightly to prevent over-rising.

In humid climates, add more flour to compensate for increased moisture in the air.

## **Monitor the Dough**

During the kneading cycle, check the dough consistency. It should form a smooth, elastic ball that isn't too sticky or dry.

If needed, adjust by adding small amounts of water or flour, one tsp at a time.

## **Customize Crust Settings**

Experiment with your bread machine crust settings (light, medium, or dark) to achieve your preferred texture and browning.

Light crust settings often work well for softer bread, while darker settings enhance crusty loaves.

## **Add Mix-Ins at the Right Time**

Many bread machines beep during the kneading cycle to signal when to add mix-ins like nuts, seeds, dried fruits, or chocolate chips.

Adding these ingredients too early may cause them to spoil or distribute unevenly.

### ☑ **Let Bread Cool Properly**

Once the baking cycle ends, remove the Bread from the machine immediately to prevent a soggy crust caused by steam buildup.

Cool for 15-20 minutes before slicing.

### ☑ **Clean Your Machine Regularly**

Wipe the bread pan and paddle after each use to prevent residue buildup.

Regular maintenance prolongs the machine lifespan.

### ☑ **Experiment with Settings**

Explore your machine specialty cycles, like dough-only, artisan, or gluten-free, to expand your baking repertoire.

Use the dough-only cycle for shaping and baking bread in your oven if you prefer a hand-crafted look.

## **Troubleshooting**

Even with a reliable bread machine, occasional challenges can arise. Understanding and addressing these common issues can help you achieve consistently excellent results:

- **Dense or Heavy Loaf:** Check if the yeast is fresh and ensure proper measurements of flour and water. Overloading the machine or using the wrong flour type can also lead to dense bread.
- **Sunken or Collapsed Loaf:** This often results from too much liquid or over-proofing. Double-check your liquid measurements and consider reducing the yeast slightly if the dough rises too quickly.
- **Dry or Crumbly Bread:** Insufficient liquid or too much flour can cause dryness. If needed, consider adding a tablespoon of extra water.
- **Uneven Baking or Pale Crust:** Ensure the bread machine settings match your desired crust type and loaf size. You can use a darker crust setting for pale crusts or increase the baking time slightly if your machine allows.
- **Stuck Dough or Loaf:** Lightly grease the kneading blade and bread pan before starting. Use a spatula to loosen the edges and gently loosen stubbornly stuck bread.

You can refine your process by troubleshooting these issues and enjoy perfect bread every time.

# QUICK & EASY BREAD RECIPES FOR EVERY DAY

## 1-Hour Sandwich Bread

*Prep. time: 5 min | Bread Machine Cycle Time: 1 hour | Yield: 1 loaf (approximately 10 slices)*

### Ingredients:

1 cup water (warmed to 110°F or 45°C)  
2 tbsp vegetable oil  
1 1/2 tsp salt  
3 cups bread flour  
2 tbsp white sugar  
1 1/2 tsp active dry yeast

### Directions:

Add the ingredients to the bread machine pan in the manufacturer-recommended order. Typically, this involves pouring the liquid ingredients first, then layering the dry ingredients on top, and finally creating a small well in the center to add the yeast.

Select “Basic/White” or “Rapid/Express” and choose light or medium crust. Start the machine and let the 1-hour cycle finish with the lid closed. Carefully remove the pan, turn out the bread, and cool for 1 hour before slicing. Enjoy fresh or store in an airtight container for up to 3 days.

**Nutrition** (per serving): *Calories: 210, Protein: 6g, Carbohydrates: 38g, Total Fat: 4g, Fiber: 2g, Sodium: 370mg, Cholesterol: 0mg, Potassium: 70mg*

**Notes:** *The simple ingredient list and quick cycle time make this recipe accessible and convenient. Enjoy fresh, or keep in an airtight container for up to 3 days.*

## 30-Minute Dinner Rolls

*Prep. time: 10 min | Bread Machine Cycle Time (Dough Only): 20 minutes | Yield: 12 rolls*

### Ingredients:

1 cup milk warmed to 110°F (45°C)  
2 tbsp unsalted butter, softened  
1 tsp salt  
3 cups bread flour  
3 tbsp white sugar  
2 tsp active dry yeast  
1 egg, lightly beaten (optional)  
2 tbsp melted butter (optional for brushing)

### Directions:

Add ingredients to the bread machine in the manufacturer’s recommended order – liquids first, then dry ingredients, with yeast last. Include an optional egg with wet ingredients.

Select the “Dough” cycle and light/medium crust. Start the machine and let the 30-minute dough cycle complete without opening the lid. Gently deflate the dough, split it into 12 equal portions, and shape each into a ball. Cover the rolls in a greased 9x13 baking pan and let rise for 10 minutes. Preheat the oven to 400°F. Bake the rolls for 12-15 minutes or until golden brown. Brush the tops with optional melted butter. Let cool for 5 minutes before serving warm or at room temperature.

**Nutrition** (per serving): *Calories: 190, Protein: 5g, Carbohydrates: 31g, Total fat: 5g, Fiber: 2g, Sodium: 270mg, Cholesterol: 15mg, Potassium: 80mg*

**Notes:** *Adding the optional egg and melted butter results in a richer, more luxurious texture. Enjoy these warm rolls alongside soups, stews, or your favorite main dishes for a cozy and satisfying meal.*

## Speedy No-Knead Focaccia

*Total Time: 1 hour | Yield: 8 servings*

### Ingredients:

1 cup warm water (100-110°F)  
3 tbsp olive oil (plus extra for topping)  
2 tsp sugar  
1 ½ tsp salt  
2 ½ cups all-purpose flour  
2 ¼ tsp instant/bread machine yeast  
*Optional toppings:* herbs (rosemary), olives, flaky sea salt

### Directions:

Add ingredients to the bread machine in the manufacturer's recommended order – liquids first, then dry ingredients, with yeast last. Include an optional egg with wet ingredients. Select the "Dough" cycle and light/medium crust. Start the machine and let the 30-minute dough cycle complete without opening the lid. Gently deflate the dough, cut it into 12 equal portions, and shape each into a smooth ball. Place the rolls in a greased 9x13-inch baking pan, cover, and let rise for 10 minutes. Preheat the oven to 400°F. Bake rolls until golden brown (for 12-15 minutes). Brush the tops with optional melted butter. Cool for 5 minutes before serving warm or at room temperature.

**Nutrition** (per serving): *Calories: 190, Protein: 5g, Carbohydrates: 31g, Total fat: 5g, Fiber: 2g, Sodium: 270mg, Cholesterol: 15mg, Potassium: 80mg*

**Notes:** *The optional egg and melted butter create a richer, more indulgent texture. Serve these warm rolls with soups, stews, or your favorite main dishes for a comforting and satisfying meal.*

## 5-Ingredient Coconut Bread

*Prep. time: 5 minutes | Bread Machine Cycle Time: 3 hours | Yield: 10 slices*

### Ingredients:

1 cup coconut milk  
2 tbsp coconut oil (or vegetable oil)  
2 tbsp sugar  
1 tsp salt  
3 cups bread flour  
2 ¼ tsp bread machine yeast  
*Optional additions:*  
½ cup unsweetened shredded coconut  
1 tbsp honey

### Directions:

Add ingredients to the bread machine pan: Pour coconut milk and melted coconut oil. Then add sugar, salt, and bread flour. Create a well in the flour and add the yeast. Yeast Last: Make a small well in the flour and add the yeast. Set the Bread Machine: Choose the Basic/White bread cycle (usually around 3 hours). Select the 1 lb or 1.5 lb loaf size setting. Choose light or medium crust for best results. Start the Machine and press start. Let the bread machine complete the cycle, including kneading, rising, and baking. Cool and Serve: Carefully remove the pan from the bread machine. Let the bread cool in the pan, then transfer it to a cooling rack.

**Nutrition** (per serving): *Calories: 180, Protein: 4g, Carbohydrates: 30g, Total fat: 4g, Fiber: 1g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 60mg*

**Notes:** *Flavor Variations: Shredded coconut or honey can give this loaf extra coconut flavor and a touch of sweetness, perfect for a tropical twist on your breakfast toast.*

## Quick Cheesy Garlic Knots

*Prep. time: 5 minutes | Bread Machine Cycle Time: 45 minutes | Yield: 12 garlic knots*

### Ingredients:

*For the Dough*

¾ cup warm water (100–110°F)  
2 tbsp melted butter or olive oil  
1 tbsp sugar  
1 tsp salt  
2 cups bread flour  
1 ½ tsp bread machine yeast

*For the Topping*

2 tbsp melted butter  
½ tsp garlic powder  
¼ cup shredded Mozzarella/  
Parmesan cheese  
1 tbsp fresh parsley, chopped  
pinch of salt (optional)

### Directions:

Add the ingredients to the bread machine pan: warm water and melted butter; sugar, salt, and bread flour; make a well in the flour and add the yeast.

Set the Bread Machine: Select the Dough cycle (approximately 45 minutes). Preheat the oven to 400°F (200°C), line a baking sheet with parchment paper, and transfer the dough to a lightly floured surface. Divide the dough into 12 even pieces, roll each into a rope, and tie each rope into a knot. Bake the Garlic Knots: Place the knots on the baking sheet, spaced slightly apart. Bake until lightly golden (for 10-12 minutes).

Add Cheesy Garlic Topping: While the knots bake, mix the melted butter with garlic, cheese, parsley, and a pinch of salt. Brush the hot knots with the cheesy garlic mixture immediately after they leave the oven. Cool and serve warm.

**Nutrition** (per serving): *Calories: 110, Protein: 3g, Carbohydrates: 15g, Total fat: 4g, Fiber: 1g, Sodium: 190mg, Cholesterol: 10mg, Potassium: 35mg*

**Notes:** *These garlic knots pair perfectly with pasta, soups or as a tasty appetizer for gatherings.*

## Super-Fast Pizza Dough

*Prep. time: 5 minutes | Bread Machine Cycle Time: 45 minutes | Yield: 1 large pizza crust (serves 4)*

### Ingredients:

¾ cup warm water (100–110°F)  
1 tbsp olive oil  
1 tbsp sugar or honey  
1 tsp salt  
2 ¼ cups bread flour (or all-purpose flour)  
1 ½ tsp bread machine/instant yeast

*Optional for added flavor:*

1 tsp garlic powder  
1 tsp dried Italian herbs

### Directions:

Add Ingredients to Bread Machine: Add warm water and olive oil to the bread machine pan. Add dry Ingredients: Add sugar, salt, and flour (optional garlic powder and herbs if desired). Yeast Last: Make a small well in the flour and add the yeast.

Set the Bread Machine: Select the Dough cycle (usually 45 minutes) to mix, knead, and allow the dough to rise.

Prepare & Bake: Preheat oven to 475°F (245°C). Roll the dough into a 12-inch circle, place on a baking sheet, add toppings, and bake for 10-12 minutes until golden.

Enjoy your fresh, homemade pizza crust!

**Nutrition** (per serving): *Calories: 170, Protein: 5g, Carbohydrates: 32g, Total fat: 3g, Saturated Fat: 0.5g, Fiber: 1g, Sodium: 360mg, Cholesterol: 0mg, Potassium: 60mg*

**Notes:** *This recipe works well for thick or thin crusts – just adjust the rolling size. It's great for quick weeknight dinners or gatherings!*

## Easiest Ever Honey Wheat Loaf

*Prep. time: 5 minutes | Bread Machine Cycle Time: 3 hours | Yield: 1 loaf (10 slices)*

### Ingredients:

1 cup warm water (100–110°F)  
2 tbsp honey  
1 tbsp unsalted butter or oil  
1 tsp salt  
1 ½ cups bread flour  
1 ½ cups whole wheat flour  
2 tsp bread machine/ instant yeast  
*Optional for added flavor:*  
1 tbsp molasses for a richer taste  
2 tbsp wheat germ/ flaxseed meal

### Directions:

**Add Ingredients:** Place water, honey, and butter in the bread machine pan. Add salt, flour, and finally, yeast in a small well.

**Set the Bread Machine:** Select the Whole Wheat or Basic/White bread cycle (about 3 hours). Choose the 1.5 lb loaf size and light or medium crust setting for the best results.

**Start & Bake:** Close the lid and press start. Allow the bread machine to complete the entire cycle, including mixing, kneading, rising, and baking.

**Cool and Serve:** Once done, remove the loaf carefully from the bread machine and let it cool in the pan for 5 minutes.

**Nutrition (per serving):** *Calories: 130, Protein: 4g, Carbohydrates: 24g, Total Fat: 2g, Saturated Fat: 0.5g Fiber: 2g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 85mg*

**Notes:** *Adding whole wheat flour, honey, and optional ingredients like flaxseed or wheat germ boosts fiber and nutrition.*

## 45-Minute Cinnamon Swirl Buns

*Prep. time: 5 minutes | Bread Machine Cycle Time (Dough): 45 minutes | Yield: 12 buns*

### Ingredients:

#### *Dough*

¾ cup warm milk (100–110°F)  
¼ cup unsalted butter, melted  
¼ cup sugar  
1 large egg  
½ tsp salt  
2 ½ cups bread flour  
2 tsp bread machine yeast

#### *Filling*

¼ cup brown sugar  
1 tbsp ground cinnamon  
2 tbsp unsalted butter, softened

### Directions:

**Add Ingredients:** Place milk, butter, sugar, egg, and salt in the bread machine pan. Add flour and make a well for the yeast.

**Set Machine:** Choose the Dough cycle (45 minutes).

**Prepare Filling:** Mix brown sugar and cinnamon.

**Roll and Shape:** To prepare the dough, roll it into a rectangle measuring 10 inches by 12 inches. Next, evenly apply a layer of butter across the surface. Subsequently, sprinkle cinnamon sugar generously over the buttered area. Carefully roll the dough tightly, then slice it into twelve equal portions.

**Bake:** Preheat the oven to 375°F (190°C) and bake the buns until golden brown (for 15 to 18 minutes).

**Optional Glaze:** Mix ½ cup powdered sugar, 1-2 tbsp milk or heavy cream, and ½ tsp vanilla extract; drizzle over buns.

Enjoy warm cinnamon buns!

**Nutrition (per serving):** *Calories: 180, Protein: 3g, Carbohydrates: 28g, Total Fat: 6g, Saturated Fat: 3g Fiber: 1g, Sodium: 100mg, Cholesterol: 20mg, Potassium: 40mg*

**Notes:** *Perfect for All Skill Levels: This simple recipe yields soft, flavorful cinnamon buns with minimal hands-on time.*

## Express Jalapeño Cheddar Bread

*Prep. time: 5 minutes | Bread Machine Cycle: 1 hour (Express Mode, varies by machine) | Yield: 10 slices*

### Ingredients:

1 cup water (warmed to 110°F/43°C)  
2 tbsp vegetable oil  
3 cups bread flour  
1 cup sharp cheddar cheese, shredded  
1 tbsp sugar  
1 tsp salt  
1 tbsp dried minced onion  
2 tbsp chopped jalapeño peppers (adjust for spiciness)  
2 tsp active dry yeast (specifically for express cycle)

### Directions:

**Layer Ingredients:** Pour warm water and oil into the bread machine pan. Add bread flour, then sprinkle sugar, salt, and minced onion around the edges. Top with cheese and jalapeños.

**Add Yeast:** Add a small flour well and add the active dry yeast. This placement helps the yeast activate properly during the express cycle.

**Set the Bread Machine:** Select the Express (or Quick Bake) setting on your bread machine (usually a 1-hour cycle).

Based on your preference, choose a medium or dark crust color. Start the bread machine and let it complete the entire cycle. Do not lift the lid during the process.

**Remove and cool:** When done, remove the bread pan, turn the loaf onto a rack, and cool for 15-20 minutes before slicing.

**Nutrition (per serving):** *Calories: 180, Protein: 7g, Carbohydrates: 28g, Fat: 5g, Fiber: 1g, Sodium: 300mg, Cholesterol: 10mg, Potassium: 60mg*

**Notes:** *Adjust the amount of jalapeños for more or less spiciness. Pickled jalapeños give a tangier flavor.*

## Lightning-Quick Cornbread

*Prep. time: 5 minutes | Bread Machine Cycle: 1.5 hours (Cake or Quick Bread setting) | Yield: 8 slices*

### Ingredients:

1 cup milk  
1/4 cup vegetable oil  
2 large eggs  
1 cup cornmeal  
1 cup all-purpose flour  
1/4 cup sugar  
1/2 tsp salt  
1 tbsp baking powder

### Directions:

**Add the liquid ingredients:** Pour the milk and vegetable oil into the bread machine pan. Then, beat the eggs slightly and add them to the mass.

**Add Dry Ingredients:** The cornmeal, flour, sugar, and salt evenly over the liquid ingredients. **Add Baking Powder:** Sprinkle the baking powder on top, spreading it evenly.

**Set the Bread Machine:** Choose your bread machine Cake or Quick Bread setting. This cycle usually runs for about 1-1.5 hours.

Select the Light crust color setting if available.

**Start the Machine:** Let the bread machine complete the cycle without interruption.

**Remove and Cool:** After the cycle, carefully remove the bread pan and turn the cornbread onto a cooling rack.

**Nutrition (per serving):** *Calories: 210, Protein: 5g, Carbohydrates: 28g, Fat: 9g, Fiber: 2g, Sodium: 290mg, Cholesterol: 35mg, Potassium: 90mg*

**Notes:** *Add-ins like chopped jalapeños, shredded cheese, or corn kernels can be added. Add these with the dry ingredients.*

## 60-Minute Buttery Brioche

*Prep. time: 5 minutes | Bread Machine Cycle: 60 minutes | Yield: 8 slices*

### Ingredients:

⅔ cup whole milk, warmed to about 110°F (43°C)  
2 large eggs, lightly beaten  
¼ cup unsalted butter softened and cut into pieces  
2½ cups bread flour  
2 tbsp granulated sugar  
1 tsp salt  
⅔ tsp instant yeast or bread machine yeast

### Directions:

**Layer Ingredients:** Add warm milk, eggs, and softened butter to the bread machine pan. Add bread flour on top, then sugar and salt on opposite sides. Make a well in the flour and add the yeast.

**Set the Bread Machine:** Select the Quick Bread Cycle for a 1.5-pound loaf. Choose the Light or Medium Crust option, as brioche benefits from a golden, softer crust.

**Start the Bread Machine:** Start the cycle and allow the bread machine to knead, rise, and bake the dough. This cycle will handle everything for you, producing a fluffy buttery brioche in an hour.

For the perfect slice, remove the pan once the cycle finishes, and let the bread cool for 5 minutes.

**Nutrition (per serving):** *Calories: 195, Protein: 6g, Carbohydrates: 27g, Fat: 6g, Fiber: 1g, Sodium: 297mg, Cholesterol: 53mg, Potassium: 74mg*

**Notes:** *This recipe takes advantage of the bread machine kneading and controlled baking environment, making it an ideal, hands-off method for brioche.*

## Microwave Mug Muffin Bread

*Bread Machine Cycle Time: 1 hour 30 minutes (Dough Cycle) | Yield: 6 muffin portions*

### Ingredients:

1 cup all-purpose flour  
½ cup whole wheat flour  
2 tbsp sugar  
1 tsp baking powder  
¼ tsp baking soda  
¼ tsp salt  
1 tbsp vegetable oil  
½ cup milk  
1 large egg

### Optional:

½ tsp vanilla extract  
½ cup mix-ins (chocolate chips, dried fruit, nuts, or berries)

### Directions:

**Prep the Bread Machine:** Set up your bread machine for the “Dough” cycle (approx. 1 hour 30 minutes) to handle the mixing, kneading, and initial rising. Add Ingredients: Layer wet ingredients first, then dry ingredients in the bread machine pan.

Create a well in the center of the flour mixture to ensure even distribution, keeping salt separate from the baking powder and yeast.

Select “Dough” cycle (1.5 hours). When done, divide the dough into 6 mugs. Microwave each mug for 1 minute. Check doneness; microwave 10-15 seconds more if needed.

Cool slightly, and enjoy!

**Nutrition (per serving):** *Calories: 120, Protein: 4g, Carbohydrates: 18g, Fat: 4g, Fiber: 2g, Sodium: 120mg, Cholesterol: 20mg, Potassium: 50mg*

**Notes:** *This unique recipe combines the ease of microwave mug cakes with the convenience of a bread machine to yield fluffy, portion-sized muffins.*

## Effortless Rosemary Flatbread

*Total Time: 2 hours | Bread Machine Cycle Time: 1 hour 30 minutes (Dough Cycle) | Yield: 8 portions*

### Ingredients:

¾ cup warm water (100-110°F)  
1 tbsp olive oil  
1 tsp honey or sugar  
1¾ cups all-purpose flour  
½ cup whole wheat flour  
1 tsp salt  
1 tsp dried rosemary  
1 tsp instant yeast

### For Topping:

1 tbsp olive oil  
1 tsp coarse sea salt  
½ tsp additional dried rosemary

### Directions:

Prepare the Bread Machine: Set the bread machine to the “Dough” cycle (about 1 hour 30 minutes).

Add Ingredients: Add water, olive oil, and honey to the pan: layer flour, salt, rosemary, and yeast (in a well).

Start the Dough Cycle: Select the “Dough” setting to mix, knead, and raise the dough.

Shape Dough: Roll the finished dough to ¼-inch thick on a floured surface.

Prepare for Baking: Place the dough on a parchment-lined baking sheet. Brush with 1 tbsp olive oil and sprinkle with 1 tsp coarse sea salt and ½ tsp rosemary. Bake: Bake at 400°F (200°C) for 12-15 min until golden.

Serve: Let the flatbread cool slightly before slicing. Serve warm or at room temperature.

**Nutrition** (per serving): *Calories: 140, Protein: 3g, Carbohydrates: 22g, Fat: 4g, Fiber: 2g, Sodium: 290mg, Cholesterol: 0mg, Potassium: 50mg*

**Notes:** *This rosemary flatbread combines a crisp texture with fragrant herbs, perfect for pairing with dips, soups, or fresh salads*

## 10-Minute Biscuits

*Total Time: 20 minutes | Bread Machine Cycle Time: 8 minutes (Mixing Only) | Yield: 10 biscuits*

### Ingredients:

2 cups all-purpose flour  
1 tbsp baking powder  
½ tsp salt  
½ cup cold unsalted butter, cubed  
¾ cup milk (or buttermilk for extra flavor)

### Directions:

Prepare the Bread Machine: Set your bread machine to the “Quick Mix” or “Pasta Dough” setting (approximately 8 minutes of mixing). This ensures the ingredients are blended without overworking the dough.

Add Ingredients: Flour, baking powder, salt, butter cubes, and milk to the pan. Mix Dough: Start the cycle, ensuring butter is incorporated evenly. Portion the Dough: Once the mixing cycle finishes, scoop the dough into 10 even portions using a spoon or cookie scoop. Drop them onto a parchment-lined baking sheet, leaving space between each. Bake the Biscuits: Preheat your oven to 425°F (220°C). Bake the biscuits or until golden on top (10-12 minutes).

Serve and Enjoy: Let the biscuits cool slightly before serving. Enjoy them warm with butter, jam, or honey!

**Nutrition** (per serving): *Calories: 180, Protein: 33g, Carbohydrates: 22g, Fat: 9g, Fiber: 1g, Sodium: 190mg, Cholesterol: 25mg, Potassium: 75mg*

**Notes:** *Perfect for breakfast, snacks, or alongside soups and stews.*

## Shortcut Parmesan Herb Rolls

Total Time: 2 hours | Bread Machine Cycle Time: 1 hour 30 minutes | Yield: 12 rolls

### Ingredients:

*For the Dough:*

¾ cup warm water (100-110°F)  
¼ cup milk (room temperature)  
2 tbsp olive oil  
2 tbsp sugar  
1 tsp salt  
2½ cups all-purpose flour  
1 tsp dried Italian herbs  
2 tbsp grated Parmesan cheese  
1½ tsp instant yeast

*For Topping:*

2 tbsp melted butter  
1 tbsp grated Parmesan cheese  
½ tsp dried herbs (optional)

### Directions:

Prepare the Bread Machine: Set the machine to the “Dough” cycle (approximately 1 hour 30 minutes).

Add Ingredients: Layer water, milk, oil, sugar, salt, flour, herbs, Parmesan, and yeast in the bread machine pan.

Mix & Rise: Start the cycle by kneading and raising the dough.

Shape Rolls: Divide dough into 12 balls and place on a baking sheet.

Second Rise: Cover and let rise for 20-30 minutes until doubled.

Bake: Preheat the oven to 375°F (190°C). Bake for 12-15 minutes or until golden brown on top.

Serve: Cool slightly, and enjoy warm!

**Nutrition** (per serving): Calories: 130, Protein: 3g, Carbohydrates: 20g, Fat: 4g, Fiber: 1g, Sodium: 180mg, Cholesterol: 5mg, Potassium: 40mg.

**Notes:** The bread machine simplifies the process by handling the mixing, kneading, and initial rise. This ensures consistent, light, and fluffy rolls with minimal effort.

## 2-hour Whole Grain Boule

Total Time: 2 hours | Bread Machine Cycle Time: 2 hours | Yield: 8 slices

### Ingredients:

*For the Dough:*

1 cup warm water (100-110°F)  
2 tbsp olive oil  
1 tbsp honey  
1 tsp salt  
1½ cups whole wheat flour  
1 cup bread flour  
2 tbsp rolled oats  
1 tbsp flaxseeds (optional)  
1 tbsp vital wheat gluten  
1½ tsp instant yeast

### Directions:

Set Machine: Choose “Quick Bread” or “Rapid” (2 hours) with “Medium” crust.

Add Ingredients: In the pan, layer water, oil, honey, salt, flour, oats, flaxseeds, gluten (optional), and yeast.

Start the Machine: Begin the selected Cycle. The machine will mix, knead, and bake the boule.

Optional Topping (During Cycle): When the machine signals to add ingredients, sprinkle 1 tbsp rolled oats or seeds on top for decoration.

Cool and Serve: Once the Cycle ends, carefully remove the bread from the pan. Let cool on a wire rack for at least 10 minutes before slicing.

**Nutrition** (per serving): Calories: 170, Protein: 5g, Carbohydrates: 27g, Fat: 4g, Fiber: 3g, Sodium: 190mg, Cholesterol: 0mg, Potassium: 100mg

**Notes:** This hearty whole grain boule delivers a rustic crust and tender crumb, perfect for soups, spreads, or sandwiches. The bread machine handles the heavy lifting, combining simplicity with professional-quality results.

## Lightning Lemon Poppy Seed Loaf

*Total Time: 1 hour 30 minutes | Bread Machine Cycle Time: 1 hour 30 minutes | Yield: 10 slices*

### Ingredients:

For the Batter:

1½ cups all-purpose flour  
1 tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
¾ cup sugar  
2 tbsp poppy seeds  
2 large eggs  
⅓ cup vegetable oil  
½ cup plain yogurt  
3 tbsp freshly squeezed lemon juice  
1 tsp lemon zest

### Directions:

Prepare the Bread Machine: Set the machine to the “Quick Bread” or “Cake” setting (1 hour 30 minutes).

Add Ingredients to the Pan: In a bowl, combine flour, baking powder, baking soda, salt, sugar, and poppy seeds. Pour eggs, oil, yogurt, lemon juice, and zest into the bread machine pan. Slowly add the dry ingredients on top of the wet mixture.

Start the Machine: Begin the selected program. The bread machine will mix, knead, and bake the loaf automatically. Check the batter after mixing (about 5-10 minutes). It should be smooth and thick.

Cool and Glaze: Carefully remove the loaf and let it cool on a wire rack. Drizzle with a lemon glaze made from ¼ cup powdered sugar and 1 tbsp lemon juice for extra flavor.

Serve: Slice and enjoy with tea, coffee, or as a standalone treat!

**Nutrition** (per serving): *Calories: 210, Protein: 3g, Carbohydrates: 28g, Fat: 9g, Fiber: 1g, Sodium: 150mg, Cholesterol: 30mg, Potassium: 40mg*

**Notes:** *This moist, zesty lemon poppy seed loaf is perfect for breakfast, snacks, or dessert. With a bread machine, it's quick and fuss-free to prepare, blending bright citrus flavors with the crunch of poppy seeds.*

## Quick Potato Bread

*Total Time: 2 hours | Bread Machine Cycle Time: 2 hours (Rapid Cycle) | Yield: 12 slices*

### Ingredients:

For the Dough:

½ cup mashed potatoes (fresh or instant, cooled)  
¾ cup warm water (100-110°F)  
2 tbsp unsalted butter, softened  
2 tbsp sugar  
1 tsp salt  
2¾ cups bread flour  
1½ tsp instant yeast

### Directions:

Prepare the Bread Machine: Select the “Rapid” or “Quick” bread cycle (approximately 2 hours). Choose “Light” or “Medium” crust color for best results. Layer Ingredients in the Pan: Add wet ingredients first: mashed potatoes, warm water, and softened butter. Add dry ingredients: sugar, salt, and bread flour. Please make a small well in the flour and place instant yeast, ensuring it doesn't touch the liquid.

Start the Machine: Begin the selected cycle. The machine will handle mixing, kneading, rising, and baking.

Check Consistency: After 5-10 minutes of mixing, check the dough. It should form a soft, slightly tacky ball.

Cool and Slice: When the cycle is complete, remove the bread from the pan and let it cool on a wire rack for at least 10 minutes before slicing.

**Nutrition** (per serving): *Calories: 120, Protein: 3g, Carbohydrates: 21g, Fat: 2g, Fiber: 1g, Sodium: 180mg, Cholesterol: 5mg, Potassium: 40mg*

**Notes:** *This soft and moist potato bread is perfect for sandwiches, toast, or as a comforting side. The bread machine simplifies the process, delivering bakery-quality results with minimal effort.*

## 30-Minute Cheesy Pull-Apart Bread

Total Time: 2 hours | Bread Machine Cycle Time: 1 hour 30 minutes | Yield: 10 servings

### Ingredients:

For the Dough:

¾ cup warm water (100-110°F)  
1 large egg  
2 tbsp unsalted butter, softened  
2 tbsp sugar  
1 tsp salt  
2½ cups bread flour  
1½ tsp instant yeast

For the Filling:

1½ cups shredded mozzarella cheese  
½ cup shredded cheddar cheese  
2 tbsp unsalted butter, melted  
1 tsp garlic powder  
1 tsp dried parsley (optional)

### Directions:

Prepare the Bread Machine: Set the machine to the “Dough” cycle (approximately 1 hour 30 minutes).

Layer Ingredients: Add warm water, egg, and softened butter to the bread pan. Follow with sugar, salt, and bread flour. Please make a small well in the flour and add instant yeast, ensuring it remains dry.

Start the Cycle: Begin the “Dough” cycle to allow the machine to mix, knead, and proof the dough.

Shape the Dough: Transfer the dough to a lightly floured surface once the cycle is complete. Divide it into small portions, flatten each, fill each with cheese, and shape into balls.

Add Toppings: Brush with butter mixture and sprinkle with cheese.

Bake: Preheat your oven to 375°F (190°C). Bake for 25-30 minutes or until golden brown and bubbling.

Serve: Cool slightly, pull apart, and enjoy!

**Nutrition** (per serving): Calories: 210, Protein: 8g, Carbohydrates: 24g, Fat: 9g, Fiber: 1g, Sodium: 270mg, Cholesterol: 40mg, Potassium: 60mg

**Notes:** This indulgent, gooey, cheesy pull-apart bread is perfect as an appetizer, snack, or party centerpiece. While the bread machine prepares the dough, your only job is to shape and bake!

## Sun-Dried Tomato & Basil Bread

Total Time: 3 hours 10 minutes | Bread Machine Cycle Time: 3 hours 10 minutes | Yield: 10 slices

### Ingredients:

For the Dough:

¾ cup warm water (100-110°F)  
2 tbsp olive oil  
1½ tbsp sugar  
1 tsp salt  
2½ cups bread flour  
½ cup chopped sun-dried tomatoes (drained oil)  
1½ tsp dried basil  
1½ tsp instant yeast

### Directions:

Set Machine: Select “Basic” cycle (3 hours 10 minutes) and preferred crust color.

Layer Ingredients in the Pan: Add wet ingredients first: warm water and olive oil. Add dry ingredients: sugar, salt, and bread flour. Add the chopped sun-dried tomatoes and basil on top.

Make a small well in the dry ingredients and place the instant yeast in it, ensuring it does not touch the liquid.

Start Machine: Begin the cycle. Check dough after 5-10 minutes for proper consistency.

Serve: Cool slightly, pull apart, and enjoy!

**Nutrition** (per serving): Calories: 150, Protein: 4g, Carbohydrates: 25g, Fat: 4g, Fiber: 1g, Sodium: 240mg, Cholesterol: 0mg, Potassium: 90mg

**Notes:** This flavorful bread is perfect for sandwiches, as a side for soups, or toasted with olive oil; this recipe highlights the ease and versatility of a bread machine.

# HEALTHY BREAD RECIPES

## Whole Grains & High-Fiber Breads

### Classic Whole Wheat Sandwich Loaf

*Total Time: 3 hours 40 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

#### Ingredients:

1 cup warm water (100-110°F)  
2 tbsp honey  
2 tbsp olive oil or melted butter  
1½ tsp salt  
2 cups whole wheat flour  
1 cup bread flour  
2 tbsp nonfat dry milk powder (optional for softness)  
1½ tsp instant yeast

#### Directions:

**Set Machine:** Select “Whole Wheat” or “Whole Grain” cycle (3 hours 40 minutes) and preferred crust color.  
**Add Ingredients to the Pan:** First, add the wet ingredients: warm water, honey, and olive oil. Then, add the dry ingredients: whole wheat flour, bread flour, salt, and dry milk powder (if using). Please make a small well in the flour and add the instant yeast, ensuring it stays dry.  
**Start the Machine:** Begin the selected cycle. The bread machine will handle mixing, kneading, rising, and baking. **Optional Dough Check (5-10 Minutes):** Check the dough consistency – it should form a smooth, soft ball. If needed, add water or flour 1 tsp at a time.  
**Cool and Slice:** Carefully remove the loaf from the pan and let it cool on a wire rack for at least 10 minutes before slicing.

**Nutrition (per serving):** *Calories: 140, Protein: 4g, Carbohydrates: 25g, Fat: 3g, Fiber: 3g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 90mg*

**Notes:** *This wholesome whole-wheat bread is perfect for sandwiches and toast.*

### Multigrain Flaxseed Bread

*Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices*

#### Ingredients:

For the Dough:  
1 cup warm water (100-110°F)  
2 tbsp honey  
2 tbsp olive oil  
1½ tsp salt  
1 cup whole wheat flour  
1 cup bread flour  
½ cup rolled oats  
¼ cup flaxseeds  
2 tbsp sunflower seeds (optional)  
2 tbsp nonfat dry milk powder  
1½ tsp instant yeast

#### Directions:

**Set Machine:** Select the “Whole Wheat” or “Multigrain” cycle (approximately 3 hours 30 minutes) and choose your preferred crust color.  
**Layer Ingredients in the Pan:** Add wet ingredients first: warm water, honey, and olive oil. Add dry ingredients next: whole wheat flour, bread flour, rolled oats, flaxseeds, sunflower seeds (if using), salt, and dry milk powder (optional). Make a small well in the dry ingredients and add the instant yeast, keeping it away from the liquid.  
**Start the Machine:** Begin the selected cycle.  
**Cool and Slice:** After the cycle finishes, transfer the loaf to a wire rack and let it cool for at least 10 minutes before slicing.

**Nutrition (per serving):** *Calories: 160, Protein: 5g, Carbohydrates: 27g, Fat: 4g, Fiber: 4g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 120mg*

**Notes:** *Packed with hearty grains and the nutritional goodness of flaxseeds, this multigrain bread is soft, flavorful, and perfect for sandwiches or toast.*

# Whole Grain Honey Wheat Bread

*Total Time: 3 hours 40 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

## Ingredients:

For the Dough:

1 cup warm water (100-110°F)  
2 tbsp honey  
2 tbsp olive oil or melted butter  
1½ tsp salt  
1½ cups whole wheat flour  
1 cup bread flour  
1½ tsp instant yeast

## Optional:

2 tbsp wheat germ or oat bran  
1 tbsp vital wheat gluten  
2 tbsp nonfat dry milk powder

## Directions:

Set the Bread Machine: Choose the “Whole Wheat” cycle (approx. 3 hours 40 minutes) and select the crust color (Light, Medium, or Dark).  
Add Ingredients: Place wet ingredients (water, honey, olive oil) first, followed by dry ingredients (flour, salt, wheat germ, gluten, and milk powder). Add yeast last in a well.

Start the Cycle: Begin the program to mix, knead, proof, and bake.

Check Dough (Optional): After 5-10 minutes, ensure the dough forms a smooth, slightly sticky ball; adjust with water or flour if needed.

Cool and Slice: When the cycle is complete, remove the loaf from the pan and place it on a wire rack. Let the bread cool before slicing.

**Nutrition** (per serving): *Calories: 140, Protein: 4g, Carbohydrates: 26g, Fat: 3g, Fiber: 3g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 90mg*

**Notes:** *This honey wheat bread marries is perfect for sandwiches, toast, and meal pairings.*

# High-Fiber Apple & Oat Loaf

*Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices*

## Ingredients:

For the Dough:

¾ cup unsweetened applesauce  
½ cup warm water (100-110°F)  
2 tbsp honey  
2 tbsp olive oil or melted butter  
1½ tsp salt  
1½ cups whole wheat flour  
1 cup bread flour  
½ cup rolled oats  
2 tbsp flaxseeds (optional)  
2 tbsp wheat bran or oat bran  
2 tsp cinnamon  
1½ tsp instant yeast

## Directions:

Set the Bread Machine: Choose the “Basic” or “Sweet Bread” cycle (approximately 3 hours 30 minutes) and select the crust color.

Layer Ingredients in the Pan: Add wet ingredients first: applesauce, warm water, honey, and olive oil. Add dry ingredients: whole wheat flour, bread flour, rolled oats, flaxseeds, wheat bran, cinnamon, and salt. Please make a small well in the dry ingredients and add the instant yeast, ensuring it remains dry until mixing begins.

Add Optional Mix-Ins: If using ½ cup dried apples or raisins, add them when the bread machine beeps during the “add-ins” phase.

Start the Bread Machine: Begin the selected cycle. The machine will mix, knead, proof, and bake the loaf.

Cool and Slice: Once the cycle is complete, carefully remove the loaf from the bread pan and let it cool on a wire rack for at least 10 minutes before slicing.

**Nutrition** (per serving): *Calories: 150, Protein: 4g, Carbohydrates: 27g, Fat: 3g, Fiber: 4g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 120mg.*

**Notes:** *This high-fiber loaf combines the natural sweetness of apples with the nutty goodness of oats, making it perfect for breakfast toast or as a wholesome snack.*

## Sprouted Wheat and Spelt Bread

*Total Time: 3 hours 40 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

For the Dough:

1 cup warm water (100-110°F)  
2 tbsp honey or maple syrup  
2 tbsp olive oil or melted butter  
1½ tsp salt  
1 cup sprouted wheat flour  
1 cup spelt flour  
½ cup bread flour  
1½ tsp instant yeast

*Optional:*

2 tbsp vital wheat gluten  
2 tbsp flaxseeds or chia seeds

### Directions:

Prepare the Bread Machine: Select the “Whole Wheat” or “Multigrain” cycle (approximately 3 hours 40 minutes). Choose the desired crust color: Light, Medium, or Dark.

Layer Ingredients in the Pan: Pour in liquid ingredients first: warm water, honey, and olive oil. Add dry ingredients: sprouted wheat flour, spelled flour, bread flour, vital wheat gluten (if using), flaxseeds or chia seeds, and salt. Please make a small well in the dry ingredients and place the instant yeast inside, keeping it dry.

Start the Bread Machine: Begin the selected cycle. The machine will mix, knead, proof, and bake the bread.

Optional Dough Check: Verify dough consistency. Add water or flour 1 tsp at a time if needed.

Cool on a wire rack for at least 10 minutes before slicing.

**Nutrition** (per serving): *Calories: 140, Protein: 5g, Carbohydrates: 25g, Fat: 3g, Fiber: 4g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 120mg*

**Notes:** *This wholesome bread is ideal for sandwiches, toast, and complementing hearty meals.*

## Potato and Oat Bran Sandwich Bread

*Total Time: 3 hours 40 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

Wet Ingredients:

¾ cup water (warm, 100-110°F)  
½ cup mashed potato (about 1 small cooked potato, mashed smoothly)  
2 tbsp honey  
2 tbsp unsalted butter, melted

Dry Ingredients:

1½ cups bread flour  
1 cup whole wheat flour  
¼ cup oat bran  
1 tsp salt  
1½ tsp instant yeast

### Directions:

Prepare the Bread Machine: Set the machine to the “Basic” or “White Bread” cycle (approximately 3 hours) and select the crust color.

Layer Ingredients in the Pan: Start with the wet ingredients, pour in water, and add the mashed potato, honey, and melted butter.

Add the dry ingredients: Layer the bread flour, whole wheat flour, oat bran, and salt over the wet mixture. Make a small well in the dry ingredients and add the instant yeast, ensuring it stays dry.

Start the Bread Machine: Run the selected cycle. The machine will automatically mix, knead, proof, and bake the loaf.

Optional Dough Check (5-10 Minutes): Verify that the dough forms a soft, slightly sticky ball. If needed, adjust with 1 tbsp of water or flour.

Cool and Slice.

**Nutrition** (per serving): *Calories: 140, Protein: 4g, Carbohydrates: 25g, Fat: 3g, Fiber: 3g, Sodium: 190mg, Cholesterol: 5mg, Potassium: 120mg*

**Notes:** *This Potato Sandwich Bread blends fluffy texture with nutritious oat bran, creating an ideal loaf.*

## Ancient Grains Bread with Millet and Teff

*Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices*

### Ingredients:

For the Dough:

1 cup warm water (100-110°F)  
2 tbsp honey or maple syrup  
2 tbsp olive oil or melted butter  
1½ tsp salt  
1 cup whole wheat flour  
1 cup bread flour  
½ cup millet flour/cooked millet  
¼ cup teff flour  
2 tbsp rolled oats  
2 tbsp flaxseeds or chia seeds  
1½ tsp instant yeast

*Optional:*

2 tbsp sunflower seeds  
2 tbsp vital wheat gluten

### Directions:

Prepare the Bread Machine: Set the machine to the “Whole Wheat” or “Multigrain” cycle (approximately 3 hours 30 minutes). Choose the crust color: Light, Medium, or Dark.

Layer Ingredients in the Pan: First, add the wet ingredients: warm water, honey, and olive oil. Then, add the dry ingredients: whole wheat flour, bread flour, millet flour, teff flour, rolled oats, flaxseeds, sunflower seeds, and salt. Make a small well in the dry ingredients and add the instant yeast, ensuring it doesn't touch the wet ingredients.

Start the Bread Machine: Begin the selected cycle. The machine will handle the mixing, kneading, proofing, and baking.

Optional Dough Check: Ensure dough forms a soft ball. Adjust with small amounts of flour or water if needed.

Cool and Slice: Once the cycle is complete, remove the bread from the pan and cool on a wire rack for at least 10 minutes before slicing.

**Nutrition** (per serving): *Calories: 150, Protein: 5g, Carbohydrates: 26g, Fat: 4g, Fiber: 4g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 120mg*

**Notes:** *This hearty and nutritious bread is perfect for toasting, sandwiches, or as a side with soups and salads.*

## Whole Grain Date & Walnut Loaf

*Total Time: 3 hours 20 minutes | Bread Machine Cycle Time: 3 hours 20 minutes | Yield: 12 slices*

### Ingredients:

1 cup water (warm, 100-110°F)  
3 tbsp honey or maple syrup  
2 tbsp unsalted butter, melted  
1½ cups whole wheat flour  
1 cup bread flour  
½ cup rolled oats  
1 tsp cinnamon  
1 tsp salt  
Add-ins:  
½ cup chopped dates  
½ cup chopped walnuts  
Yeast: 1½ tsp (instant)

### Directions:

Set the Machine: Choose the “Whole Wheat” or “Fruit & Nut” cycle. Select crust color. Enable the add-in signal.

Layer Ingredients in the Pan: Wet Ingredients: Pour the water, honey, and melted butter into the bread machine pan. Dry Ingredients: Add the whole wheat flour, bread flour, rolled oats, cinnamon, and salt on top of the wet ingredients. Yeast: Make a small well in the dry ingredients and add the instant yeast, keeping it dry and separate from the salt. Add Mix-Ins: Add dates and walnuts at the beep or 5 minutes into kneading.

Start the Bread Machine: Select the cycle and press start. The bread machine will automatically mix, knead, proof, and bake the loaf.

Calm & Slice: Remove bread, cool for 15 minutes, and slice.

**Nutrition** (per serving): *Calories: 190, Protein: 5g, Carbohydrates: 32g, Fat: 5g, Fiber: 4g, Sodium: 200mg, Cholesterol: 5mg, Potassium: 180mg*

**Notes:** *This hearty and naturally sweet loaf is perfect for breakfast or a snack.*

## Carrot & Walnut Power Loaf

Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices

### Ingredients:

#### Wet Ingredients:

¾ cup water (warm, 100-110°F)

2 tbsp honey

2 tbsp olive oil

#### Dry Ingredients:

1½ cups whole wheat flour

1 cup bread flour

1 tsp cinnamon

1 tsp salt

2 tbsp ground flaxseed

¾ cup grated carrots

½ cup chopped walnuts

1½ tsp instant yeast

### Directions:

Prepare the Bread Machine: Set the bread machine to the “Whole Wheat” or “Sweet Bread” cycle and select the crust color.

Layer Ingredients in the Pan: Liquids: Pour water, honey, and olive oil into the bread machine pan. Dry Mixture: Add whole wheat flour, bread flour, cinnamon, salt, and ground flaxseed over the liquids.

Add-Ins: Place grated carrots and chopped walnuts on top, away from the yeast. Yeast: Create a small well in the dry ingredients and add instant yeast, keeping it separate from the liquids.

Start the Bread Machine: Select the cycle and start. The machine mixes, kneads, proofs, and bakes automatically. Optional: Check the dough consistency, adjusting with 1 tbsp water/flour if needed.

Cool and Slice: Remove the loaf and cool on a rack for 15 minutes before slicing.

**Nutrition** (per serving): Calories: 140, Protein: 4g, Carbohydrates: 25g, Fat: 3g, Fiber: 3g, Sodium: 190mg, Cholesterol: 5mg, Potassium: 120mg

**Notes:** This wholesome loaf combines the natural sweetness of carrots with the crunch of walnuts, creating a nutrient-dense bread perfect for breakfast, snacking, or sandwiches.

## Heart-Healthy Almond & Date Bread

Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices

### Ingredients:

1 cup almond milk (100-110°F)

2 tbsp honey or maple syrup

2 tbsp olive oil

1½ cups whole wheat flour

1 cup bread flour

½ cup almond flour

½ tsp cinnamon

½ tsp nutmeg

1 tsp salt

½ cup chopped dates

½ cup sliced almonds

1½ tsp instant yeast

### Directions:

Set the Machine: Choose the “Whole Wheat” or “Fruit & Nut” cycle, select crust color, and enable the add-in signal.

Add Ingredients:

Pour almond milk, honey, and olive oil.

Layer flour, cinnamon, nutmeg, and salt.

Add yeast in a well.

Add Dates and Almonds: When the add-in signal sounds, add the chopped dates and sliced almonds. If your machine doesn't have an add-in signal, add them during the last 5 minutes of the kneading cycle.

Start the Bread Machine: Press start, allowing the machine to knead, proof, and bake the loaf automatically.

Cool & Slice: Cool the loaf for 20 minutes, then slice.

**Nutrition** (per serving): Calories: 180, Protein: 5g, Carbohydrates: 28g, Fat: 6g, Fiber: 4g, Sodium: 180mg, Cholesterol: 5mg, Potassium: 220mg

**Notes:** This loaf is ideal for breakfast, snacking, or pairing with almond butter or cream cheese spreads.

## High-Fiber Orange & Raisin Loaf

*Total Time: 3 hours | Bread Machine Cycle Time: 3 hours | Yield: 12 slices*

### Ingredients:

¾ cup orange juice (fresh or bottled, warmed to 100-110°F)  
2 tbsp honey or agave syrup  
2 tbsp olive oil  
1 tsp orange zest  
1½ cups whole wheat flour  
1 cup bread flour  
¼ cup oat bran  
¼ cup ground flaxseed  
1½ tsp salt  
1 tsp cinnamon  
½ cup raisins  
2 tbsp sunflower seeds  
Yeast: 1½ tsp (instant)

### Directions:

Set your bread machine to the “Whole Wheat” or “Fruit & Nut” cycle, select crust color, and enable the add-in signal.  
Layer Ingredients: Wet Ingredients: Pour orange juice, honey, olive oil, and orange zest into the bread machine pan. Dry Ingredients: Add whole wheat flour, bread flour, oat bran, flaxseed, salt, and cinnamon, layering them on top of the wet ingredients. Yeast: Create a small well in the dry ingredients and place the instant yeast in it.  
Add Raisins and Seeds: When the add-in signal sounds, add the raisins and sunflower seeds. If your machine doesn’t have an add-in signal, add them during the last 5 minutes of the kneading cycle.  
Start the Bread Machine: Press start and let the bread machine knead, proof, and bake the loaf.  
Cool and Slice: When the baking cycle finishes, remove the loaf from the pan and let it cool on a wire rack for at least 20 minutes before slicing.

**Nutrition** (per serving): *Calories: 170, Protein: 5g, Carbohydrates: 30g, Fat: 4g, Fiber: 5g, Sodium: 190mg, Cholesterol: 0mg, Potassium: 220mg*

**Notes:** *This high-fiber loaf is wholesome and energizing bread, perfect for breakfast or snacking.*

## Buckwheat & Honey Bread

*Total Time: 3 hours 15 minutes | Bread Machine Cycle Time: 3 hours 10 minutes | Yield: 12 slices*

### Ingredients:

Wet Ingredients:  
1 cup warm water (100–110°F)  
3 tbsp honey  
2 tbsp olive oil  
Dry Ingredients:  
1¼ cups bread flour  
1¼ cups buckwheat flour  
¼ cup rolled oats  
1 tbsp vital wheat gluten (optional, improves texture)  
1 tsp salt  
Yeast:  
1½ tsp instant yeast

### Directions:

Prepare the Bread Machine: Depending on your machine, select the “Basic” or “Whole Wheat” cycle and choose your crust color (Light or Medium is recommended).  
Layer Ingredients in the Pan: Wet Ingredients: Pour warm water, honey, and olive oil into the bread machine pan. Dry Ingredients: Add bread flour, buckwheat flour, rolled oats, and vital wheat gluten (if using). Sprinkle the salt on top. Yeast: Add the instant yeast with a small well in the dry ingredients.  
Start the Bread Machine: Begin the selected cycle. The machine will knead, proof, and bake the bread automatically.  
Cool and Serve: Once the baking cycle finishes, carefully remove the loaf from the pan and let it cool on a wire rack for at least 20 minutes before slicing.

**Nutrition** (per serving): *Calories: 170, Protein: 5g, Carbohydrates: 30g, Fat: 4g, Fiber: 5g, Sodium: 190mg, Cholesterol: 0mg, Potassium: 220mg*

**Notes:** *This buckwheat honey bread marries a nutty, slightly sweet profile, perfect for sandwiches and toast.*

## Millet & Sunflower Seed Loaf

*Total Time: 3 hours 15 minutes | Bread Machine Cycle Time: 3 hours 10 minutes | Yield: 12 slices*

### Ingredients:

#### Wet Ingredients:

1 cup warm water (100-110°F)

2 tbsp olive oil

2 tbsp honey

#### Dry Ingredients:

1¼ cups bread flour

1 cup millet flour

¼ cup sunflower seeds (plus extra for topping)

1 tsp salt

1 tbsp vital wheat gluten (optional, improves texture)

Yeast: 1½ tsp (instant)

### Directions:

**Prepare the Bread Machine:** Set the bread machine to the “Basic” or “Whole Wheat” cycle, and select your desired crust color (Light or Medium).

**Assembling Ingredients in the Bread Machine Pan:** Wet Ingredients: Pour warm water, olive oil, and honey into the bread machine pan. Dry Ingredients: Gently layer the bread flour, millet flour, sunflower seeds, and vital wheat gluten (if using) over the liquids. Sprinkle the salt evenly over the dry mixture. Yeast: Add instant yeast and a small well in the dry ingredients.

**Start the Bread Machine:** Start the bread machine on the selected cycle. It will knead, proof, and bake the bread.

**Optional Sunflower Seeds:** Sprinkle on top before baking or after the first rise.

Remove the loaf and cool before slicing.

**Nutrition (per serving):** *Calories: 140, Protein: 4g, Carbohydrates: 22g, Fat: 5g, Fiber: 3g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 120mg*

**Notes:** *It is perfect for sandwiches, toasted with butter, or served alongside soups and salads.*

## Spelt and Sunflower Seed Bread

*Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 20 minutes | Yield: 12 slices*

### Ingredients:

#### Wet Ingredients:

1 cup warm water (100-110°F)

2 tbsp olive oil

1 tbsp honey

#### Dry Ingredients:

1½ cups spelt flour

1 cup bread flour

¼ cup sunflower seeds (plus extra for topping)

1 tsp salt

1 tbsp vital wheat gluten (optional, improves texture)

Yeast: 1½ tsp (instant)

### Directions:

**Set Up:** Select the “Basic” or “Whole Wheat” cycle and choose Light or Medium crust color.

**Add Ingredients:** Wet: Pour warm water, olive oil, and honey into the pan. Dry: Add spelt flour, bread flour, and sunflower seeds (reserve some for topping, optional).

**Salt & Gluten:** Sprinkle salt and vital wheat gluten (if using) over the dry ingredients. Yeast: Make a well and add instant yeast.

**Start Machine:** Close the lid and start the cycle (about 3 hours 20 minutes).

**Optional Topping:** Add extra sunflower seeds before the baking phase.

**Cool:** Remove the loaf after baking and cool before slicing.

**Nutrition (per serving):** *Calories: 140, Protein: 5g, Carbohydrates: 23g, Fat: 4g, Fiber: 3g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 125mg*

**Notes:** *This sunflower seed bread blends nutritious spelt flour with crunchy seeds, creating a hearty loaf ideal for sandwiches or toasting.*

## Whole Wheat Lemon & Thyme Bread

*Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 20 minutes | Yield: 12 slices*

### Ingredients:

#### Wet Ingredients:

1 cup warm water (100-110°F)  
2 tbsp olive oil  
2 tbsp honey  
2 tbsp lemon juice

#### Dry Ingredients:

1½ cups whole wheat flour  
1 cup bread flour  
1 tsp dried thyme  
1 tbsp lemon zest  
1 tsp salt  
Yeast: 1½ tsp (instant)

### Directions:

Prepare the Bread Machine: Set your bread machine to the “Basic” or “Whole Wheat” cycles if available. Choose your preferred crust color, either Light or Medium.

Layer Ingredients in the Pan: Wet: Add warm water, olive oil, honey, and lemon juice. Dry: Add whole wheat flour, bread flour, and salt. Herbs & Zest: Add thyme and lemon zest. Yeast: Make a well in the dry mix and add instant yeast.

To start the Bread Machine, Close the lid and press Start. The total cycle time will be approximately 3 hours and 20 minutes.

Optional: Add More Thyme for Garnish. To intensify the flavor, sprinkle additional fresh thyme on top of the dough during the final 10 minutes of the baking cycle. Cool and Slice.

**Nutrition** (per serving): *Calories: 160, Protein: 5g, Carbohydrates: 28g, Fat: 4g, Fiber: 4g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 160mg*

**Notes:** *This recipe is perfect for sandwiches, pairing with soups, or as a unique side to dinner.*

## Seeded & Nut Breads

### Omega-3 Chia Seed Bread

*Total Time: 3 hours 40 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices*

### Ingredients:

#### Wet Ingredients:

1 ¼ cups water (warmed to 110°F/43°C)  
3 tbsp olive oil  
2 tbsp honey

#### Dry Ingredients:

3 cups bread flour  
¼ cup whole wheat flour  
¼ cup chia seeds  
3 tbsp ground flaxseeds  
¼ cup rolled oats  
1 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Liquid Layer: Pour the warm water into the bread pan. Add olive oil and honey (or maple syrup). Dry Layer: Carefully spoon the bread flour, whole wheat flour, chia seeds, ground flaxseeds, rolled oats, and salt. Spread them evenly over the liquid. Yeast Layer: Add the yeast to a small well in the center of the dry ingredients.

Select Bread Machine Settings: Program: Choose the “Whole Wheat” or “Basic” setting (depending on your machine). Loaf Size: Set to 1.5 lb (750 g). Crust Color: Select your preference (medium is recommended). Start the Cycle: Begin the cycle and allow the bread machine to knead, rise, and bake the loaf.

Cooling and Slicing: Carefully remove the bread pan and let the loaf cool once the cycle is complete.

**Nutrition** (per serving): *Calories: 165, Protein: 5g, Carbohydrates: 25g, Fat: 4g, Sugar: 2 g, Fiber: 6g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 100mg*

**Notes:** *This recipe highlights the machine efficiency while producing a nutritious loaf of omega-3 fatty acids from chia and flaxseeds. It is perfect for sandwiches, toast, or as a standalone snack.*

## Protein-rich chickpea Flour Bread

Total Time: 3 hours 30 minutes | Bread Machine Cycle Time: 3 hours 20 minutes | Yield: 12 slices

### Ingredients:

1 1/4 cups water (warmed to 110°F/43°C)  
2 tbsp olive oil  
1 tbsp honey or agave syrup  
1 1/2 cups bread flour  
1 cup chickpea flour  
1/2 cup whole wheat flour  
1/4 cup rolled oats  
2 tbsp vital wheat gluten  
1 1/2 tsp salt  
2 tbsp flaxseed meal  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients for Perfect Results: Start with the Liquid Layer: Combine warm water, olive oil, and honey in the bread pan to set a flavorful base. Next, add the Dry Layer: Carefully sprinkle the bread flour, chickpea flour, whole wheat flour, rolled oats, vital wheat gluten, salt, and flaxseed meal (if desired). Make sure to distribute these ingredients evenly over the liquid beneath. Finally, for the Yeast Layer, create a small well in the center of the dry mix and add the yeast, keeping it dry until you begin mixing. Select Bread Machine Settings: choose the “Whole Wheat” or “Basic” setting and Select crust color. Loaf Size: Set to 1.5 lb (750 g). Start the bread machine. After completing the baking cycle, remove the bread pan and allow the bread to cool to room temperature.

**Nutrition** (per serving): Calories: 140, Protein: 6g, Carbohydrates: 23g, Fat: 3g, Sugar: 1g, Fiber: 3g, Sodium: 190mg, Cholesterol: 0mg, Potassium: 120mg

**Notes:** Chickpea flour enhances the bread with a significant amount of plant-based protein, fiber, and vital nutrients, positioning it as an outstanding choice for a healthy meal foundation or snack.

## Black Bean & Corn Bread

Prep Time: 15 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices

### Ingredients:

1 cup water (warmed to 110°F/43°C)  
3 tbsp olive oil  
1 tbsp honey or agave syrup  
2 1/2 cups bread flour  
1/2 cup cornmeal  
1/4 cup chickpea flour  
1/2 cup canned black beans, drained and mashed  
1/2 cup canned/ frozen corn  
1 1/2 tsp salt  
2 tbsp flaxseed meal or chia seeds  
1 tsp ground cumin  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Organize Ingredients Sequentially: Liquid Base: Pour warm water, olive oil, and honey into the bread pan. Dry Base: Then, incorporate the bread flour, cornmeal, chickpea flour (if applicable), salt, flaxseed meal (optional), and ground cumin (if using) into the pan. Add-ins: Evenly scatter the mashed black beans and corn kernels over the dry mix. Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” setting and select crust color (Medium). Loaf Size: Set to 1.5 lb (750 g). Start the bread machine. The beans and corn will integrate as the machine kneads the dough. After the baking cycle, remove the bread pan and let it cool.

**Nutrition** (per serving): Calories: 160, Protein: 5g, Carbohydrates: 27g, Fat: 4g, Sugar: 2 g, Fiber: 3g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 130mg

**Notes:** Black Bean and Corn Bread is a delightful, protein-packed addition to any meal. It can be served as a side dish for chili, toasted with butter, or used for sandwiches.

## Seeded Spelt & Pumpkin Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices*

### Ingredients:

3/4 cup warm water (110°F/43°C)  
1/2 cup pumpkin puree  
2 tbsp olive oil  
2 tbsp honey or maple syrup  
1 1/2 cups spelt flour  
1 cup bread flour  
1/4 cup rolled oats  
1/4 cup sunflower seeds  
2 tbsp pumpkin seeds (pepitas)  
2 tbsp chia seeds or flaxseeds  
1 tsp salt  
1/2 tsp ground cinnamon  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in the Pan: Wet: Add the warm water, pumpkin puree, olive oil, and honey to the bread pan. Dry: Carefully add the spelled flour, bread flour, rolled oats, sunflower seeds, pumpkin seeds, chia seeds, salt, and cinnamon. Yeast: Make a small well in the center of the dry ingredients and add the yeast, keeping it dry until the cycle begins.  
Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” setting. Crust Color: Select your preference (Medium recommended).  
Loaf Size: Set to 1.5 lb (750 g).  
Start the bread machine and let it handle the kneading, rising, and baking.  
Cooling and Slicing: After the baking cycle ends, carefully remove the bread pan and transfer the loaf to a wire rack to cool for at least 20 minutes before slicing.

**Nutrition** (per serving): *Calories: 170, Protein: 5g, Carbohydrates: 26g, Fat: 5g, Sugar: 3 g, Fiber: 3g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 120mg*

**Notes:** *This bread combines the nutty flavor of spelled with the subtle sweetness of pumpkin, complemented by a mix of seeds for added crunch and nutrition.*

## Basil & Garlic Whole Wheat Loaf

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 35 minutes | Yield: 12 slices*

### Ingredients:

Wet Ingredients:  
1 1/4 cups water (warmed to 110°F/43°C)  
3 tbsp olive oil  
Dry Ingredients:  
2 cups whole wheat flour  
1 cup bread flour  
2 tbsp dried basil  
1 tsp garlic powder  
1 1/2 tsp salt  
1 tbsp granulated sugar  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Pour the water (warmed to 110°F/43°C) and olive oil into the bread pan. Dry: Add the whole wheat flour, bread flour, dried basil, minced garlic, salt, and sugar. Spread these evenly over the liquid ingredients. Create a small well in the flour and add yeast last.  
Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” setting. Crust Color: Select your preference (Medium recommended).  
Loaf Size: Set to 1.5 lb (750 g).  
Start the bread machine. The basil and garlic will incorporate beautifully into the dough during the kneading phase.  
Once the baking cycle ends, carefully remove the bread pan. Let the bread cool.

**Nutrition** (per serving): *Calories: 140, Protein: 4g, Carbohydrates: 23g, Fat: 3g, Sugar: 2 g, Fiber: 3g, Sodium: 220mg, Cholesterol: 0mg, Potassium: 100mg*

**Notes:** *This aromatic loaf combines the earthy flavor of whole wheat with the savory notes of garlic and basil.*

## Whole Grain Chia & Pumpkin Seed Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

#### Wet Ingredients:

1 1/4 cups warm water (110°F/43°C)  
2 tbsp honey  
2 tbsp olive oil

#### Dry Ingredients:

2 cups whole wheat flour  
1 cup bread flour  
1/4 cup chia seeds  
1/4 cup pumpkin seeds (pepitas)  
2 tbsp rolled oats  
1 tsp salt

Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Add warm water, honey, and olive oil to the bread pan. Dry: Add whole wheat flour, bread flour, chia seeds, pumpkin seeds, rolled oats, and salt. Spread these evenly over the liquid layer. Yeast: Create a slight indentation in the center of the dry ingredients and place the yeast inside, keeping it dry until the mixing process starts.

Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” setting, and select your crust color. Select your preference (Medium). Loaf Size: Set to 1.5 lb (750 g). Start the bread machine. The machine will handle kneading, proofing, and baking, ensuring the seeds are evenly incorporated.

Cooling and Slicing: Carefully remove the bread pan. It is excellent and slices once the cycle is complete.

**Nutrition** (per serving): *Calories: 150, Protein: 5g, Carbohydrates: 24g, Fat: 4g, Sugar: 2 g, Fiber: 4g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 120mg*

**Notes:** *This nutrient-dense loaf combines the nutty flavors of whole wheat flour with the crunch of pumpkin and chia seeds, offering a healthy and satisfying option for any meal.*

## Protein-Packed Hemp Seed Loaf

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

1 1/4 cups water (warmed to 110°F/43°C)

3 tbsp olive oil  
2 tbsp honey or maple syrup  
2 cups whole wheat flour

1 cup bread flour  
1/4 cup hemp seeds  
2 tbsp chia seeds  
2 tbsp flaxseed meal

1/4 cup rolled oats  
2 tbsp vital wheat gluten  
1 tsp salt

Yeast: 2 tsp active dry yeast

### Directions:

Set Up the Bread Pan and Paddle. Ingredients in Layers: Liquid Ingredients: Pour the warm water, olive oil, and honey into the base of the bread pan. Dry Ingredients: Evenly layer the whole wheat flour, bread flour, hemp seeds, chia seeds, flaxseed meal, rolled oats, vital wheat gluten (optional), and salt over the liquids. Yeast: Make a slight indentation in the center of the dry ingredients and place the yeast in the well, keeping it separate from the liquids until the machine begins mixing. Select Bread Machine Settings: Program: Based on your machine options, select the “Whole Wheat” or “Basic” cycle and select crust color (Medium). Loaf Size: Set to 1.5 lb (750 g).

Please turn on the machine and let it handle the kneading, rising, and baking. The seeds will blend perfectly into the dough.

Cool and Slice: Rest the bread on a rack for 20 minutes before slicing.

**Nutrition** (per serving): *Calories: 160, Protein: 7g, Carbohydrates: 23g, Fat: 5g, Sugar: 2 g, Fiber: 4g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 110mg*

**Notes:** *This hearty loaf combines the nutty richness of hemp seeds with the nutritious benefits of chia seeds, flaxseed meal, and whole wheat flour.*

## Savory Mushroom & Thyme Bread

*Prep Time: 15 minutes | Bread Machine Cycle Time: 3 hours 35 minutes | Yield: 12 slices*

### Ingredients:

1 cup cups water (warmed to 110°F/43°C)  
1/4 cup milk (room temperature)  
2 tbsp olive oil  
2 cups bread flour  
1 cup whole wheat flour  
1/4 cup finely chopped dried mushrooms (shiitake/porcini)  
1 tsp dried thyme  
1/4 cup grated Parmesan cheese  
1 tsp garlic powder  
1 1/2 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. If using dried mushrooms, chop them, soak them in 2 tbsp warm water for 5 minutes, and drain.  
Layer Ingredients in Order: Wet: Pour the warm water, milk, and olive oil into the bread pan. Dry: Add bread flour, whole wheat flour, rehydrated mushrooms, thyme, Parmesan cheese (if using), garlic powder, and salt. Spread these evenly over the liquid ingredients.  
Yeast: Make a slight indentation in the center of the dry ingredients, place the yeast inside, and keep it dry until the mixing starts.  
Select Bread Machine Settings: Program: Choose the “Basic” or “French” setting and select crust color (Medium). Loaf Size: Set to 1.5 lb (750 g).  
Start the Cycle: Run the bread machine; ingredients will mix evenly during kneading. Cooling and Slicing: After baking, remove the pan, cool the loaf, then slice.

**Nutrition** (per serving): *Calories: 150, Protein: 5g, Carbohydrates: 24g, Fat: 3.5g, Sugar: 1 g, Fiber: 3g, Sodium: 200mg, Cholesterol: 2mg, Potassium: 100mg.*

**Notes:** *This bread earthy mushroom flavor pairs perfectly with aromatic thyme, creating a savory loaf ideal for soups, stews, or sandwiches.*

## Fennel Seed and Caraway Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

Wet Ingredients:  
1 1/4 cups water (warmed to 110°F/43°C)  
2 tbsp olive oil  
1 tbsp honey or sugar  
Dry Ingredients:  
2 cups bread flour  
1 cup whole wheat flour  
2 tsp fennel seeds  
1 tsp caraway seeds  
1 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Pour the warm water, olive oil, and honey (or sugar) into the bread pan. Dry: Add bread flour, whole wheat flour, fennel seeds, caraway seeds, and salt. Spread these evenly over the liquid ingredients. Yeast: Add the yeast to a small well in the center of the dry ingredients. Ensure it remains dry until mixing begins.  
Select Bread Machine Settings: Choose the “Basic” or “French” setting and select crust color (Medium). Loaf Size: Set to 1.5 lb (750 g).  
Start the Cycle: Start the bread machine. The fennel and caraway seeds will be evenly distributed during the kneading phase.  
Cooling and Slicing: Cool for 20 min before slicing.

**Nutrition** (per serving): *Calories: 140, Protein: 4g, Carbohydrates: 24g, Fat: 3g, Sugar: 1 g, Fiber: 2g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 90mg.*

**Notes:** *Rich, aromatic bread with fennel and caraway – perfect alongside soups, cheeses, and smoked meats.*

## Flaxseed & Blueberry Loaf

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 30 minutes | Yield: 12 slices*

### Ingredients:

3/4 cup milk (room temperature)  
1/2 cup water (room temperature)  
2 tbsp olive oil or melted butter  
2 tbsp honey or maple syrup  
2 cups bread flour  
1 cup whole wheat flour  
1/4 cup flaxseed meal  
1/4 cup whole flaxseeds  
1 tsp salt  
Mix-ins: 1/2 cup dried blueberries  
Yeast: 2 tsp active dry yeast

### Directions:

**Set Up:** Secure the bread pan and attach the kneading paddle properly.  
**Add Ingredients in Layers:** Liquids: Pour the milk, water, olive oil (or melted butter), and honey (or maple syrup) into the bread pan.  
**Dry Ingredients:** Evenly layer the bread flour, whole wheat flour, ground flaxseeds, whole flaxseeds, and salt over the liquids.  
**Yeast:** Make a slight indentation in the dry ingredients and add the yeast.  
**Blueberries:** Wait for the machine “add-in” signal to manually incorporate or add the dried blueberries during kneading (about 5 minutes into the first cycle).  
**Select Settings:** Select “Basic” or “Sweet,” 1.5 lb (750 g) loaf size, and medium crust.  
**Start the Machine:** Begin the cycle; ensure blueberries mix evenly.  
**Cool:** Remove the pan, cool the loaf on a rack for 20 minutes, then slice.

**Nutrition (per serving):** *Calories: 160, Protein: 4g, Carbohydrates: 26g, Fat: 4g, Sugar: 4g, Fiber: 3g, Sodium: 200mg, Cholesterol: 2mg, Potassium: 120mg*

**Notes:** *This wholesome loaf combines the nutty richness of flaxseeds with the natural sweetness of blueberries, offering a nutrient-packed bread ideal for breakfast, snacks, or as a light dessert.*

## High-Fiber Kale & Carrot Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 35 minutes | Yield: 12 slices*

### Ingredients:

**Wet Ingredients:**  
3/4 cup warm water  
1/4 cup milk (room temperature)  
2 tbsp olive oil  
2 tbsp honey  
**Dry Ingredients:**  
2 cups whole wheat flour  
1 cup bread flour  
1/4 cup ground flaxseeds  
1/4 cup oat bran  
1 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. **Add Ingredients in Layers:** Wet: Pour the water, milk, olive oil, and honey into the bread pan. Dry: Add the whole wheat flour, bread flour, ground flaxseeds, oat bran, and salt, spreading evenly over the liquids. **Yeast:** Add the yeast to a small well in the center of the dry ingredients. **Mix-ins:** Reserve 1/2 cup shredded carrot and 1/2 cup finely chopped kale for the “add-in” signal or manually add them during the kneading phase (about 5 minutes into the first kneading cycle).  
**Select Bread Machine Settings:** Cycle: Whole Wheat/Basic. Size: 1.5 lb. Crust: Medium. **Start the Bread Machine** and ensure the kale and carrots are evenly incorporated. **Cool and Slice:** Remove the bread pan and transfer the loaf to a wire rack. Let it cool.

**Nutrition (per serving):** *Calories: 145, Protein: 5g, Carbohydrates: 26g, Fat: 4g, Sugar: 3g, Fiber: 5g, Sodium: 180mg, Cholesterol: 2mg, Potassium: 130mg*

**Notes:** *This nutrient-rich loaf combines the earthy flavors of kale with the natural sweetness of carrots for a high-fiber bread perfect for toasting or sandwiches.*

## Almond Flour and Walnut Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 3 hours 35 minutes | Yield: 12 slices*

### Ingredients:

1 cup warm water  
2 large eggs at room temperature  
2 tbsp olive oil or melted butter  
1 tbsp honey or maple syrup  
1 tsp apple cider vinegar  
2 cups almond flour  
1/4 cup ground flaxseeds  
1/4 cup oat flour  
1/2 tsp salt  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp ground cinnamon  
Yeast: 1 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients: Wet: Pour warm water, eggs, olive oil (or melted butter), honey (or maple syrup), and apple cider vinegar into the bread pan. Dry: Add almond flour, ground flaxseeds, oat flour, salt, baking powder, baking soda and cinnamon. Spread them evenly over the liquids. Yeast: Add the yeast to a small well in the center of the dry ingredients. Walnuts: Add the 1/2 cup chopped walnuts to the mix-ins section (or manually add them around 5 minutes into the kneading phase).  
Select Bread Machine Settings: Choose the “Gluten-Free” or “Basic” setting. Size: 1.5 lb. Crust: Medium. Start the Bread Machine: Begin the cycle and let the bread machine knead, rise, and bake the dough. The walnuts will be mixed in during the kneading phase.  
Cool and Slice.

**Nutrition** (per serving): *Calories: 210, Protein: 6g, Carbohydrates: 8g, Fat: 18g, Sugar: 2g, Fiber: 4g, Sodium: 180mg, Cholesterol: 40mg, Potassium: 200mg.*

**Notes:** *This bread is perfect for gluten-free, high-protein, and fiber-rich bread.*

## Quinoa & Oat Power Loaf

*Cycle: Whole Wheat Bread | Total Cycle Time: 3 hours 45 minutes | Yield: 12 slices*

### Ingredients:

1 1/4 cups water  
2 tbsp olive oil  
1/4 cup maple syrup  
1 large egg  
2 tbsp Greek yogurt  
1 1/2 cups whole wheat flour  
1/2 cup quinoa flour  
1/2 cup rolled oats  
1/4 cup cooked quinoa  
2 tbsp chia seeds  
2 tbsp wheat germ  
1 1/2 tsp active dry yeast  
1 1/2 tsp salt

### Directions:

Cook and cool quinoa before beginning. Ensure ingredients are at room temperature.  
Prepare the Bread Machine.  
Add wet ingredients to the bread machine pan in the following order: Water (warmed to 110°F), olive oil, maple syrup, egg, and Greek yogurt.  
Add dry ingredients in this sequence: Whole wheat flour, Quinoa flour, Rolled oats, Cooked quinoa, Chia seeds, Wheat germ, and Salt.  
Create a small well in the flour and add yeast last. Place the pan in the bread machine.  
Select the Whole Wheat Bread cycle. Choose the Medium crust color and press Start – excellent bread before slicing to maintain its structure and texture.

**Nutrition** (per serving): *Calories: 175, Protein: 6.5g, Carbohydrates: 27g, Fat: 5.2g, Fiber: 4.7g, Sodium: 240mg, Cholesterol: 18mg, Potassium: 210mg.*

**Notes:** *This loaf pairs well with spreads like avocado, hummus, or nut butter and can be served by itself or as a sandwich.*

## Turmeric & Black Pepper Bread

*Cycle: Whole Wheat Bread | Total Cycle Time: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

1 1/4 cups warm water (110°F)  
2 tbsp olive oil  
2 tbsp honey  
1 large egg  
1 tbsp apple cider vinegar  
2 cups whole wheat flour  
1/2 cup bread flour  
2 tbsp ground turmeric  
1 1/2 tsp black pepper  
2 tbsp ground flaxseed  
1 tsp dried thyme  
1 1/2 tsp active dry yeast  
1 1/2 tsp salt

### Directions:

Prepare the Bread Machine.  
Use room temperature ingredients.  
Grind black pepper freshly.  
Add ingredients in layers: Liquids, such as water, olive oil, honey, egg, and apple cider vinegar.  
Add dry ingredients in this sequence: Whole wheat flour, Bread flour, Ground turmeric, Black pepper, Ground flaxseed, Dried thyme, and Salt. Create a small well in the flour and add yeast last.  
Place the pan in the bread machine.  
Select the Whole Wheat Bread cycle. Choose the medium crust color and press Start. Check the dough consistency during the first kneading cycle.  
Cool and Slice: Allow bread to cool completely before slicing.

**Nutrition** (per serving): *Calories: 165, Protein: 5.7g, Carbohydrates: 26g, Fat: 4.3g, Fiber: 4g, Sodium: 210mg, Cholesterol: 16mg, Potassium: 175mg.*

**Notes:** *The black pepper piperine enhances curcumin's bioavailability in turmeric, meaning little is lost regarding health benefits when used together.*

## Sweet Potato & Chia Seed Bread

*Cycle: Whole Wheat Bread | Total Cycle Time: 3 hours 45 minutes | Yield: 12 slices*

### Ingredients:

1 1/4 cups warm water (110°F)  
1/2 cup mashed sweet potato  
2 tbsp olive oil  
1 large egg  
2 tbsp maple syrup  
2 cups whole wheat flour  
1/2 cup bread flour  
1/4 cup chia seeds  
2 tbsp wheat germ  
1 tbsp ground cinnamon  
1 1/2 tsp active dry yeast  
1 1/2 tsp salt

### Directions:

Prepare mashed sweet potato before beginning. Layer the ingredients in the bread pan: liquid base, which consists of water, mashed sweet potato, olive oil, egg, and maple syrup.  
Add dry ingredients in this sequence: Whole wheat flour, Bread flour, Chia seeds, Wheat germ, Cinnamon, and Salt. Create a small well in the flour and add yeast last. Set the Bread Machine: Place the bread pan into the bread machine. Close the lid.  
Select the "Whole Wheat" or "Basic" setting, depending on your machine model. Choose the desired crust color. Start the Machine. During the first kneading cycle, watch the dough to ensure it achieves a smooth and slightly sticky consistency. Add 1-2 tbsp water if the dough seems dry. Allow bread to cool completely before slicing.

**Nutrition** (per serving): *Calories: 185, Protein: 6.2g, Carbohydrates: 29g, Fat: 5.6g, Fiber: 4.8g, Sodium: 230mg, Cholesterol: 20mg, Potassium: 220mg*

**Notes:** *After the bread has cooled, slice it and enjoy it plain, with butter, or toasted. It pairs well with spreads like almond butter or jam.*

## Low-Carb & Low-Sugar Options

### Low-Calorie Zucchini Bread

*Prep Time: 10 minutes | Bread Machine Cycle: 3 hours 30 minutes | Yield: 12 slices*

#### **Ingredients:**

3/4 cup unsweetened applesauce  
1/4 cup water  
1 tbsp olive/melted coconut oil  
1/4 cup honey  
1 tsp vanilla extract  
1 1/2 cups whole wheat flour  
1/2 cup all-purpose flour  
1/4 cup ground flaxseeds  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1 tsp salt  
Yeast: 2 tsp active dry yeast

#### **Directions:**

Set up the Bread Machine. Add Ingredients in Layers: Wet: Pour applesauce, water, olive oil (or coconut oil), honey, and vanilla extract into the bread pan. Dry: Add whole wheat flour, all-purpose flour, ground flaxseeds, cinnamon, nutmeg (if desired), and salt on top of the wet ingredients. Yeast: Create a small well in the dry ingredients and add the yeast into the well. Mix-ins: Set aside 1 cup grated zucchini (squeezed) and optional 1/4 cup chopped walnuts or raisins for the “add-in” signal, or add them manually about 5 minutes into the kneading phase.

Select “Basic” or “Sweet”. Loaf Size: Choose 1 lb (500 g) or 1.5 lb (750 g). Crust Color: Select Medium. Start the Machine: Begin the cycle and mix the zucchini evenly into the dough. Cool and Slice: Once the cycle finishes, remove the pan and let the loaf cool before slicing.

**Nutrition** (per serving): *Calories: 95, Protein: 3g, Carbohydrates: 18g, Fat: 2g, Sugar: 5g, Fiber: 3g, Sodium: 120mg, Cholesterol: 0mg, Potassium: 130mg.*

**Notes:** *This healthy zucchini bread balances moisture from applesauce and zucchini with a soft texture and subtle sweetness.*

### Low-Sugar Cinnamon Raisin Bread

*Prep Time: 10 minutes | Bread Machine Cycle: 3 hours 30 minutes | Yield: 12 slices*

#### **Ingredients:**

3/4 cup warm milk  
1/4 cup water  
2 tbsp olive oil or melted butter  
1 tbsp honey or maple syrup  
1/2 tsp vanilla extract  
2 cups bread flour  
1/2 cup whole wheat flour  
1 tbsp ground cinnamon  
1/4 tsp ground nutmeg  
1/2 tsp salt  
Yeast: 2 tsp active dry yeast

#### **Directions:**

Prepare the Bread Machine. Add Ingredients in Layers: Wet: Pour warm milk, water, olive oil, honey, and vanilla extract into the bread pan. Dry: Add the bread flour, whole wheat flour, cinnamon, nutmeg, and salt over the wet ingredients, ensuring they are spread evenly. Yeast: Make a small well in the center of the dry ingredients and add the yeast. Mix-ins: If your machine has an “add-in” dispenser, place the 1/2 cup raisins and optional 2 tbsp chopped walnuts or pecans inside. If not, add them manually about 5 minutes into the kneading cycle.

Select Bread Machine Settings: Program “Sweet” or “Basic” cycle for the best results. Loaf Size: 1.5 lb (750 g). Crust Color: Light or Medium. Start the cycle. Cool and Slice: Once baking is complete, carefully remove the bread pan and cool before slicing.

**Nutrition** (per serving): *Calories: 110, Protein: 3g, Carbohydrates: 21g, Fat: 2g, Sugar: 5g, Fiber: 2g, Sodium: 90mg, Cholesterol: 2mg, Potassium: 100mg.*

**Notes:** *This recipe provides the classic flavors of cinnamon raisin bread without the high sugar content.*

## Low-Sugar Blueberry Breakfast Loaf

*Prep Time: 10 minutes | Bread Machine Cycle: 3 hours 40 minutes | Yield: 12 slices*

### Ingredients:

3/4 cup unsweetened almond milk  
1/4 cup water  
2 tbsp olive/melted coconut oil  
1 tbsp honey or maple syrup  
1 tsp vanilla extract (optional)  
2 cups bread flour  
1/2 cup whole wheat flour  
1/4 cup rolled oats  
1 tbsp ground flaxseeds  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/2 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Add almond milk, water, olive oil, honey, and vanilla extract to the bread pan. Dry: Layer the bread flour, whole wheat flour, rolled oats, ground flaxseeds, cinnamon, nutmeg, and salt evenly over the liquid ingredients. Yeast: Add the yeast to a small well in the center of the dry ingredients. Mix-ins: Add 1/2 cup fresh or frozen blueberries and optional 1/2 cup fresh or frozen blueberries to the “add-in” dispenser, or manually incorporate them about 5 minutes into the kneading cycle. Select Bread Machine Settings: Choose the “Sweet” or “Basic” cycle for best results and crust color – loaf Size: The loaf size is 1.5 lb (750 g). Start the bread machine. The blueberries will be gently incorporated during kneading. Cool and Slice: After baking, carefully remove the bread pan. Transfer the loaf to a wire rack and allow it to cool for at least 20 minutes before slicing.

**Nutrition** (per serving): *Calories: 105, Protein: 3g, Carbohydrates: 18g, Fat: 3g, Sugar: 4g, Fiber: 2g, Sodium: 90mg, Cholesterol: 0mg, Potassium: 110mg.*

**Notes:** *For even distribution of blueberries, toss them in a small amount of flour before adding to the batter.*

## Low-Glycemic Almond & Coconut Bread

*Prep Time: 10 minutes | Bread Machine Cycle: 3 hours 20 minutes | Yield: 12 slices*

### Ingredients:

1 cup unsweetened almond milk  
2 tbsp melted coconut oil  
1 tbsp agave nectar or coconut nectar (low-glycemic sweetener)  
1 3/4 cups bread flour  
1/2 cup almond flour  
1/4 cup unsweetened shredded coconut  
1 tbsp ground flaxseeds  
1 tsp xanthan gum/psyllium husk  
1/2 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Pour almond milk, melted coconut oil, and agave nectar into the bread pan. Dry: Add bread flour, almond flour, shredded coconut, ground flaxseeds, xanthan gum (if using), and salt. Distribute evenly over the liquid ingredients. Yeast: Add the yeast to small dry ingredients well. Mix-ins: Add 2 tbsp sliced almonds and 2 unsweetened coconut flakes to the “add-in” dispenser or manually incorporate them during the kneading phase (~5 minutes into the first knead cycle). Select Bread Machine Settings: Choose the “Sweet” or “Basic” cycle and crust color. The loaf Size is 1.5 lb (750 g). Start the bread machine to mix, knead, rise, and bake. Ensure even distribution of add-ins. Cool before slicing.

**Nutrition** (per serving): *Calories: 110, Protein: 4g, Carbohydrates: 15g, Fat: 4g, Sugar: 2g, Fiber: 3g, Sodium: 100mg, Cholesterol: 0mg, Potassium: 60mg.*

**Notes:** *The almond flour and shredded coconut add a delightful nutty texture and natural sweetness.*

## Low-Sodium Cucumber Dill Bread

*Prep Time: 10 minutes | Bread Machine Cycle: 3 hours 10 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup peeled and grated cucumber  
1/2 cup unsalted vegetable broth  
1/4 cup plain Greek yogurt  
2 tbsp olive oil  
2 cups bread flour  
3/4 cup whole wheat flour  
3 tbsp fresh dill, finely chopped  
1 tbsp honey or maple syrup  
1/2 tsp garlic powder  
1/4 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Add grated cucumber, vegetable broth (or water), Greek yogurt, and olive oil to the bread pan. Dry: Add bread flour, whole wheat flour, dried or fresh dill, honey, garlic powder, and salt substitute. Spread evenly over the liquid layer. Yeast: Add the yeast to small dry ingredients well.

Select Bread Machine Settings: Choose the “Basic” or “Whole Wheat” cycle and crust color – loaf Size: 1.5 lb (750 g) setting.

Start the bread machine. Let it mix, knead, rise, and bake.

Cool and Slice: After baking, carefully remove the bread pan and cool before slicing.

**Nutrition** (per serving): *Calories: 100, Protein: 3g, Carbohydrates: 15g, Fat: 3g, Sugar: 2g, Fiber: 2g, Sodium: 10mg, Cholesterol: 2mg, Potassium: 60mg.*

**Notes:** *This light and aromatic bread pairs the refreshing flavor of cucumber with the herbal warmth of dill, making it ideal for savory snacks, sandwiches, or as a side with soups.*

## Low-Sodium Herb Bread

*Prep Time: 15 minutes | Bread Machine Cycle: 3 hours 5 minutes | Yield: 12 slices*

### Ingredients:

1 cup water (warmed to 110°F/45°C)  
2 tbsp olive oil  
2 cups bread flour  
1 cup whole wheat flour  
2 tbsp unsalted dried herb mix (e.g., parsley, oregano, basil, thyme)  
1 tsp garlic powder  
1 tsp onion powder  
1/2 tsp salt substitute or omit for very low sodium  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet Ingredients: Add the water (warmed) and olive oil to the bread pan. Dry Ingredients: Add the bread flour, whole wheat flour, herb mix, garlic powder, onion powder, and salt substitute. Spread evenly over the wet ingredients. Yeast: Add the yeast from the dry ingredients to a small well.

Select Bread Machine Settings: Choose the “Basic” or “Whole Wheat” cycle, depending on your machine options. Loaf Size: Set to 1.5 lb (750 g). Crust Color: Select Light recommended.

Start the bread machine and let it run through the mixing, kneading, rising, and baking cycles. Cool and Slice: After the baking cycle, remove the bread pan and cool before slicing.

**Nutrition** (per serving): *Calories: 120, Protein: 3g, Carbohydrates: 19g, Fat: 3g, Sugar: 0g, Fiber: 2g, Sodium: 15mg, Cholesterol: 0mg, Potassium: 70mg*

**Notes:** *Perfect for sandwiches or as a side for soups and salads.*

## Low-Carb Coconut Flour Bread

*Prep Time: 10 minutes | Bread Machine Cycle: 2 hours 40 minutes | Yield: 10 slices*

### Ingredients:

5 large eggs  
1/4 cup unsweetened almond milk  
or water  
1/4 cup melted coconut oil  
1 tbsp apple cider vinegar  
1/2 cup coconut flour  
1 cup almond flour  
1/4 cup flaxseed meal  
1 tsp baking powder  
1/4 tsp xanthan gum  
1/2 tsp salt  
Yeast Layer: 2 tsp active dry yeast  
1/2 tsp granulated sweetener

### Directions:

Prepare the Bread Machine. Add Ingredients in Order: Begin with lightly beaten eggs, then pour almond milk, melted coconut oil, and apple cider vinegar into the bread pan. Dry: Add the coconut flour, almond flour, flaxseed meal, baking powder, xanthan gum, and salt. Spread evenly over the liquid ingredients. Yeast: Create a small well and add the yeast and the optional granulated sweetener. Select Bread Machine Settings: Use the “Quick Bread” or “Cake” setting. Loaf Size: Set to 1 lb (500 g). Crust Color: Select Light. Start the bread machine. Coconut flour absorbs moisture quickly, so check during the mixing phase. If the dough seems dry, add 1 tbsp (15 mL) almond milk. Cool and Slice: After baking, transfer the loaf to a wire rack and let it cool completely (30 minutes) before slicing to ensure proper slicing.

**Nutrition (per serving):** *Calories: 135, Protein: 6g, Carbohydrates: 4g, Total fat: 10g, Fiber: 3g, Sodium: 120mg, Cholesterol: 70mg, Potassium: 55mg*

**Notes:** *The coconut and almond flour blend creates a moist, flavorful, and satisfying bread that pairs well with savory and sweet toppings.*

## Low-Carb Hemp & Coconut Bread

*Prep Time: 10 minutes | Bread Machine Cycle: 3 hours 35 minutes | Yield: 10 slices*

### Ingredients:

5 large eggs  
1/4 cup almond milk  
1/4 cup melted coconut oil  
1 tbsp apple cider vinegar  
1/2 cup coconut flour  
1/4 cup hemp hearts  
3/4 cup almond flour  
2 tbsp ground flaxseeds  
1 tsp baking powder  
1/4 tsp xanthan gum  
1/2 tsp salt  
Yeast Layer: 1 1/2 tsp active dry  
1/2 tsp granulated sweetener

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Lightly whisk the eggs in a separate bowl. Add them to the bread pan, then pour the almond milk, melted coconut oil, and apple cider vinegar. Dry: Add the coconut flour, almond flour, flaxseed meal, baking powder, xanthan gum, and salt. Spread evenly over the liquid ingredients. Yeast: Make a shallow well in the dry ingredients center and add the yeast with the optional granulated sweetener. Select Bread Machine Settings: Use the “Quick Bread” or “Cake” setting. Loaf Size: Set to 1 lb (500 g). Crust Color: Select Light. Start the Cycle. Coconut flour absorbs moisture quickly, so check during the mixing phase. Add 1 tbsp (15 mL) almond milk if the dough appears too dry. Cool and Slice.

**Nutrition (per serving):** *Calories: 135, Protein: 6g, Carbohydrates: 4g, Total fat: 10g, Fiber: 3g, Sodium: 120mg, Cholesterol: 70mg, Potassium: 55mg.*

**Notes:** *This low-carb bread is perfect for keto or gluten-free diets, offering a high-protein and high-fiber alternative to traditional loaves.*

## Low-Carb Cauliflower & Herb Bread

*Prep Time: 15 minutes | Bread Machine Cycle: 3 hours 35 minutes | Yield: 10 slices*

### Ingredients:

4 large eggs  
1/4 cup almond milk  
1/4 cup olive oil  
1 cup cooked, riced cauliflower  
1/3 cup coconut flour  
1/3 cup almond flour  
2 tbsp ground flaxseeds  
1 tbsp psyllium husk powder  
1 tsp baking powder  
1/2 tsp salt  
1/2 tsp garlic powder  
1/2 tsp dried thyme and oregano  
1/4 cup grated Parmesan cheese  
Yeast Layer: 1 tsp active dry yeast  
1/2 tsp granulated sweetener

### Directions:

Prepare the Bread Machine. Add Ingredients in Layers: Wet: Add eggs, almond milk, olive oil, and riced cauliflower (drained well) to the bread pan. Dry: Evenly distribute coconut flour, almond flour, ground flaxseeds, psyllium husk powder, baking powder, salt, garlic powder, thyme, oregano, and Parmesan cheese (if desired) over the wet ingredients. Yeast: Make a slight indentation in the dry ingredients and add the yeast and an optional sweetener.

Select Bread Machine Settings: Choose “Quick Bread” or “Cake” cycle and crust color. Loaf Size: Set the machine to the 1 lb (500 g) loaf size. Begin Baking. Monitor the dough during the initial mix; if it’s too moist due to the cauliflower, incorporate 1 tbsp (7 g) of coconut flour as needed.

Cool and Slice: Once baking finishes, carefully remove the bread pan. Transfer the loaf and allow it to cool completely – at least 30 minutes – before slicing to maintain texture and structure.

**Nutrition (per serving):** *Calories: 120, Protein: 6g, Carbohydrates: 4g, Total fat: 9g, Fiber: 2g, Sodium: 180mg, Cholesterol: 70mg, Potassium: 60mg.*

**Notes:** *Riced cauliflower and herbs add moisture and a savory flavor, which is ideal for sandwiches or as a soup side.*

## Cauliflower & Flax Seed Bread

*Prep Time: 15 minutes | Bread Machine Cycle: 3 hours 35 minutes | Yield: 10 slices*

### Ingredients:

4 large eggs  
1/4 cup almond milk  
1/4 cup olive oil  
1 cup cooked, riced cauliflower  
1/3 cup coconut flour  
1/3 cup almond flour  
2 tbsp ground flaxseeds  
1 tbsp psyllium husk powder  
1 tsp baking powder  
1/2 tsp salt  
1/4 tsp onion powder  
1/2 tsp dried thyme or rosemary  
Yeast Layer: 1 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Add Ingredients: Wet: Place eggs, almond milk, olive oil, and riced cauliflower (drained well) into the bread pan. Dry: Add coconut flour, almond flour, ground flaxseeds, psyllium husk powder, baking powder, salt, garlic powder, onion powder, and herbs. Spread evenly over the liquid layer. Yeast: Make a small well in the dry ingredients and add the yeast (and sweetener, if desired).

Set Bread Machine Settings: Use the “Quick Bread” or “Cake” cycle and crust color. Loaf Size: Choose the 1 lb (500 g) setting.

Begin the cycle. The dough will be thicker than usual due to the cauliflower and psyllium. During the first mix, check consistency – add 1 tbsp almond milk if it’s too dry or a little coconut flour if it’s too wet. Cool Before Slicing: When the cycle ends, remove the pan carefully. Let the loaf cool for 30 minutes before slicing to ensure it sets properly.

**Nutrition (per serving):** *Calories: 120, Protein: 6g, Carbohydrates: 4g, Total fat: 9g, Fiber: 3g, Sodium: 180mg, Cholesterol: 70mg, Potassium: 80mg.*

**Notes:** *Perfect for low-carb, gluten-free, or keto diets, this bread can be enjoyed for breakfast.*

# Fruit & Vegetable-Infused Breads

## Avocado & Basil Whole Wheat Bread

*Total cycle time: 3 hours | Yield: 12 servings*

### Ingredients:

1 ripe avocado (mashed)  
1/2 cup warm water  
2 tbsp olive oil  
1 tbsp honey  
1/4 cup milk  
1 tsp apple cider vinegar  
1 1/2 cups whole wheat flour  
1 cup bread flour  
1 1/2 tsp salt  
1 tbsp dried basil  
1 tsp garlic & 1 tsp onion powder  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine: Secure the bread pan and kneading paddle. Layer Ingredients in Order: Wet: Add the mashed avocado, warm water, olive oil, honey, milk, and apple cider vinegar into the bread pan. Dry: Add the whole wheat flour, bread flour, salt, basil, garlic powder, and onion powder. Spread evenly over the liquid ingredients. Yeast: Place the active dry yeast inside a small well in the center of the dry ingredients.

Settings: Select the “Whole Wheat” or “Basic” cycle. Set the crust color to Medium and the loaf size to 1.5 lb (750 g).

Start the cycle. After baking, carefully take out the bread pan. Allow it to cool for at least 20 minutes before slicing for the best texture.

**Nutrition (per serving):** *Calories: 130, Protein: 4g, Carbohydrates: 20g, Total fat: 5g, Sugars: 3g, Fiber: 3g, Sodium: 180mg, Cholesterol: 0mg, Potassium: 120mg.*

**Notes:** *This Whole Wheat Bread with Avocado and Basil blends the rich creaminess of avocado with the vibrant freshness of basil, creating a uniquely delicious loaf.*

## Spinach & Sun-Dried Tomato Bread

*Cooking Time: 3 hours | Yield: 12 servings*

### Ingredients:

1/2 cup warm water  
2 tbsp olive oil  
2 tbsp honey  
1/4 cup milk  
1 tbsp apple cider vinegar  
1/2 cup fresh spinach, chopped  
1 1/2 cups bread flour  
1 cup whole wheat flour  
1 1/2 tsp salt  
2 tbsp sun-dried tomatoes  
1 tsp garlic powder  
1/2 tsp onion powder  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer Ingredients: Add wet ingredients (water, olive oil, honey, milk, vinegar, spinach) to the bread pan. Top with dry ingredients (flour, salt, garlic, onion powder), sun-dried tomatoes, and yeast in a small center well.

Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” cycle and crust color. Loaf Size: 1.5 lb (750 g).

Begin the bread machine cycle. The spinach and sun-dried tomatoes will blend nicely into the dough, infusing it with vibrant color and flavor.

After the baking cycle ends, remove the bread pan and let the loaf cool before slicing to maintain its shape.

**Nutrition (per serving):** *Calories: 140, Protein: 5g, Carbohydrates: 24g, Total fat: 4g, Sugars: 3g, Fiber: 3g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 150mg.*

**Notes:** *This bread combines savory flavors and a vibrant hue, resulting in a distinctive and delicious loaf.*

## Broccoli & Herb Loaf

*Cooking Time: 3 hours | Yield: 12 servings*

### Ingredients:

1/2 cup warm water  
2 tbsp olive oil  
1/4 cup milk  
1 tbsp honey or maple syrup  
1/2 cup fresh broccoli florets  
1 1/2 cups bread flour  
1 cup whole wheat flour  
1 1/2 tsp salt  
2 tsp dried basil  
1 tsp dried thyme  
1/2 tsp garlic powder  
1 tbsp dried parsley  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine: Secure the bread pan and kneading paddle. Layer Ingredients in Order: Wet: Add warm water, olive oil, milk, honey (if using), and chopped broccoli to the bread pan. Dry: Add the bread flour, whole wheat flour, salt, basil, thyme, garlic powder, and parsley. Spread these evenly over the wet ingredients. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast.

Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Light or Medium.

Start the bread machine. After the first kneading cycle, ensure the broccoli is well distributed and has the correct dough consistency.

Remove the bread pan once the baking cycle is complete, and let it cool.

**Nutrition** (per serving): *Calories: 160, Protein: 5g, Carbohydrates: 29g, Total fat: 4g, Sugars: 3g, Fiber: 4g, Sodium: 260mg, Cholesterol: 0mg, Potassium: 190mg.*

**Notes:** *This Broccoli & Herb Loaf is a delicious way to sneak some vegetables into your diet.*

## Avocado & Spinach Whole Wheat Bread

*Cooking Time: Approximately 3 hours | Yield: 12 servings*

### Ingredients:

1/2 cup warm water (110°F/45°C)  
1/4 cup avocado, mashed  
2 tbsp olive oil  
1 tbsp honey or maple syrup  
1/2 cup cooked spinach, chopped  
1 1/2 cups whole wheat flour  
1 cup bread flour  
1 tsp salt  
1 tsp dried basil (optional)  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp ground black pepper  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Add the warm water, mashed avocado (about 1 small avocado), olive oil, honey (if using), and cooked spinach to the bread pan. Dry: Add the whole wheat flour, bread flour, salt, basil, garlic powder, onion powder, and black pepper evenly over the wet ingredients. Yeast: Make a small well in the center of the dry ingredients and add the active dry yeast.

Select Bread Machine Settings: Use the “Whole Wheat” or “Basic” cycle. The “Whole Wheat” cycle is preferred for the best rise with whole wheat flour. Loaf Size: 1.5 lb (750 g). Crust Color: Light.

Start the Cycle. During the kneading phase, you can check the dough to ensure it is well-mixed and adjust if necessary (add a tbsp of water if it is too dry or a little more flour if it is too wet). Once the baking cycle is complete, remove the bread pan and let it cool.

**Nutrition** (per serving): *Calories: 180, Protein: 5g, Carbohydrates: 31g, Total fat: 6g, Sugars: 3g, Fiber: 5g, Sodium: 270mg, Cholesterol: 0mg, Potassium: 230mg*

**Notes:** *For an entirely dairy-free recipe, substitute the honey with maple syrup and use dairy-free oil (olive or coconut).*

## Beet & Walnut Whole Wheat Bread

*Cooking Time: Approximately 3 hours | Yield: 1 loaf (about 12 slices)*

### Ingredients:

1/2 cup warm water (110°F/45°C)  
1/2 cup cooked and pureed beets  
2 tbsp olive oil  
1 tbsp honey or maple syrup  
1 tsp apple cider vinegar  
1 1/2 cups whole wheat flour  
1 cup bread flour  
1 tsp salt  
1 1/2 tsp ground cinnamon  
1/2 tsp garlic powder  
1/4 tsp ground black pepper  
1/2 cup walnuts, chopped  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer Ingredients in Order: Wet: Add warm water, pureed beets ((about 1 medium beet), olive oil, honey (if using), and apple cider vinegar to the bread pan. Dry: Add whole wheat flour, bread flour, salt, cinnamon, garlic powder, black pepper, and walnuts evenly over the wet ingredients. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast. Select Bread Machine Settings: Choose the “Whole Wheat” or “Basic” cycle. Loaf Size: Set to 1.5 lb (750 g). Crust Color: Medium. Start the Cycle. Check during the kneading phase to ensure the dough is coming together correctly. If the dough seems dry, add 1 tbsp water. Once the baking cycle is complete, carefully remove the bread pan from the machine. Transfer the loaf to a wire rack and allow it to cool for at least 20 minutes before slicing to help it set properly.

**Nutrition (per serving):** *Calories: 200, Protein: 5g, Carbohydrates: 33g, Total Fat: 7g, Sugars: 6g, Fiber: 5g, Sodium: 230mg, Cholesterol: 0mg, Potassium: 250mg*

**Tips:** *Use roasted or boiled beets, or substitute with pre-packaged beetroot puree if you're short on time. Be sure the beets are well pureed, so they incorporate evenly into the dough.*

## Whole Wheat Hazelnut Bread

*Cooking Time: Approximately 3 hours | Yield: 1 loaf (about 12 slices)*

### Ingredients:

3/4 cup warm water (110°F/45°C)  
1/4 cup olive oil  
2 tbsp honey or maple syrup  
2 tsp apple cider vinegar  
1 1/2 cups whole wheat flour  
1/2 cup bread flour  
1 tsp salt  
1/2 tsp cinnamon  
1/2 cup hazelnuts, chopped  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer Ingredients: Wet: Add water, olive oil, honey, and vinegar. Dry: Add flour, salt, and cinnamon. Hazelnuts: Add the chopped, toasted hazelnuts to the dry ingredients – yeast: Place yeast in a well at the center.

Select Program: Choose the “Whole Wheat” or “Basic” cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Select Medium. Start the Cycle. The machine will knead, rise, and bake the dough. You can check the dough during the first kneading cycle to ensure it's coming together. If it's too dry, add 1 tbsp of water at a time; if it's too wet, add more flour – cool and Slice.

**Nutrition (per serving):** *Calories: 210, Protein: 6g, Carbohydrates: 33g, Total fat: 9g, Sugars: 5g, Fiber: 5g, Sodium: 220mg, Cholesterol: 0mg, Potassium: 190mg.*

**Notes:** *You can add other mix-ins, such as dried fruit (like cranberries), for extra texture and flavor.*

## Low-Sodium Apple & Oat Loaf

*Bread Machine Cycle Time: 3 hours | Yield: 1 loaf (about 12 slices)*

### Ingredients:

1/2 cup warm water(110°F/45°C)  
1/2 cup unsweetened applesauce  
1 tbsp olive oil (or melted butter)  
1 large egg  
1 tsp vanilla extract  
1 1/2 cups whole wheat flour  
1/2 cup old-fashioned rolled oats  
1/4 cup oat flour  
1 tbsp ground flaxseed  
2 tbsp brown sugar  
2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
2 tsp baking powder  
1/4 tsp baking soda  
Yeast: 2 1/4 tsp (active dry)

### Directions:

Prepare Your Bread Machine. Add Ingredients in Order: Wet: Pour warm water, applesauce, olive oil, egg, and vanilla extract into the bread pan. Dry: Add whole wheat flour, rolled oats, oat flour, ground flaxseed (if using), brown sugar, cinnamon, nutmeg, baking powder, and baking soda. Spread evenly over the liquids. Yeast: Make a small well with the dry ingredients and place the yeast inside – add-ins: Top 1/2 cup diced apple.

Set Program: Based on your machine options, choose “Whole Wheat” or “Basic.” Loaf Size: 1.5 lb (750 g). Crust Color.

Start the machine and let it knead, rise, and bake the dough. During the first kneading, check the consistency. Add water (1 tbsp at a time) if it is too dry or more flour if it is too wet.

After baking, remove the bread pan and let the loaf cool on a wire rack for at least 20 minutes before slicing to maintain its structure.

**Tips:** *This loaf is packed with oats and whole wheat flour fiber. Its natural sweetness comes from applesauce and diced apples.*

**Nutrition (per serving):** *Calories: 160, Protein: 4g, Carbohydrates: 28g, Total Fat: 4g, Sugars: 7g, Fiber: 4g, Sodium: 25mg, Cholesterol: 20mg, Potassium: 150mg.*

## Spiced Sweet Potato and Almond Bread

*Bread Machine Cycle Time: 3 hours 45 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup mashed sweet potato  
3/4 cup warm water (110°F)  
2 large eggs  
3 tbsp honey  
2 tbsp olive oil  
2 cups whole wheat flour  
1 cup almond flour  
1/2 cup chopped almonds  
2 tsp cinnamon  
1 tsp ginger  
1/2 tsp nutmeg  
1/4 tsp cloves  
1 1/2 tsp salt  
2 tsp active dry yeast

### Directions:

Cook and mash sweet potato ahead of time, and let cool.

Add the wet ingredients to the pan: mashed sweet potato, Water, Eggs, Honey, and Olive oil. Add the dry ingredients: Flour, Almonds, Spices, and Salt.

Make well in flour, and add yeast.

Select Program: Choose the “Whole Wheat” cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Select Medium. Start the Cycle.

Start the machine, and cool for 20 minutes before slicing.

**Notes:** *This bread is perfect for breakfast, snacks, or as a dessert base; this recipe celebrates the ease and versatility of your bread machine.*

**Nutrition (per serving):** *Calories: 195, Protein: 7g, Carbohydrates: 26g, Total fat: 8.5g, Sugars: 5g, Fiber: 4.2g, Sodium: 225mg, Cholesterol: 31mg, Potassium: 245mg.*

## High-Fiber Pear & Ginger Bread

*Preparation Time: 10 minutes | Bread Machine Cycle Time: 3-4 hours | Yield: 10 slices*

### Ingredients:

1 medium ripe pear, finely grated  
1/2 cup unsweetened applesauce  
1/4 cup warm water  
2 tbsp molasses  
2 tbsp vegetable oil  
1 1/4 cups whole wheat flour  
3/4 cup bread flour  
1/2 cup oat flour  
2 tbsp ground flaxseed  
2 tbsp chia seeds  
2 tbsp wheat bran  
1 tsp ground ginger  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp salt  
Yeast: 1 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer Ingredients in the Bread Pan: Wet: Add grated pear, applesauce, warm water, molasses, and vegetable oil to the bread pan. Dry: Evenly layer whole wheat flour, bread flour, oat flour, flaxseed, chia seeds, wheat bran (if using), ground ginger, cinnamon, nutmeg, and salt over the liquids. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast. Optional Add-ins: You can add 1/4 cup chopped dried pears or crystallized ginger to the bread machine “nut and fruit dispenser” or manually when prompted.

Select Settings and Start the Machine: Choose the “Whole Wheat” or “Basic” program depending on your bread machine. Set the loaf size to 1.5 lb. For best results, select the “Light” crust color.

After 5-10 minutes of kneading, check the dough. If it is too dry, add 1 tbsp of water until the dough forms a soft, smooth ball. Once the baking cycle is complete, carefully remove the bread pan and cool on a wire rack for at least 20-30 minutes before slicing.

**Nutrition (per serving):** *Calories: 170, Protein: 4g, Carbohydrates: 30g, Total fat: 4g, Fiber: 5g, Sodium: 95mg, Cholesterol: 0mg, Potassium: 190mg.*

**Notes:** *Enjoy the benefits of high fiber with a touch of sweetness and spice.*

## Potato focaccia with pumpkin

*Bread Machine Cycle Time: 1 hour 30 minutes | Yield: 8 servings*

### Ingredients:

3/4 cup lukewarm water  
1/2 cup mashed cooked potato  
1/2 cup pureed pumpkin  
2 tbsp olive oil  
2 1/2 cups bread flour  
1/2 cup whole wheat flour  
1 tsp salt  
1 tsp sugar  
1/2 tsp garlic powder  
1/2 tsp dried rosemary  
1/4 tsp ground black pepper  
Yeast: 1 1/4 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer Ingredients: Wet: Add water, mashed potato (cooled), pumpkin puree, and olive oil to the bread pan. Dry: Layer bread flour, whole wheat flour, salt, sugar, garlic powder, rosemary, and black pepper evenly over the wet ingredients. Yeast: Add the yeast to a small well in the center of the dry ingredients.

Select Program: “Dough” cycle for a 1.5 lb (750 g) loaf. “Dough” cycle for a 1.5 lb (750 g) loaf. After the dough cycle, place the dough on a floured surface and press it into a greased 9x13-inch pan. Cover and let rise for 20-30 minutes. Warm the oven to 400°F. Coat the dough with 2 tbsp of olive oil, then top with 1/4 cup grated Parmesan cheese, 1 tsp dried rosemary, and a sprinkle of flaky sea salt. Bake for 20-25 minutes or until the top is golden brown. Let cool before slicing.

**Nutrition (per serving):** *Calories: 185, Protein: 5g, Carbohydrates: 30g, Total fat: 5g, Fiber: 3g, Sodium: 230mg, Cholesterol: 1mg, Potassium: 150mg.*

**Notes:** *The combination of potatoes and pumpkin makes this focaccia soft, flavorful, and utterly satisfying.*

# Unique & High-Protein Breads

## High-Protein Lentil Flour Bread

*Cooking Time: Approx. 3 hours | Yield: 1 loaf (1.5 lb / 750 g)*

### Ingredients:

Wet Ingredients:

1 cup warm water (110°F / 45°C)

1 tbsp olive oil

1 tbsp honey

Dry Ingredients:

1 cup lentil flour

1 cup whole wheat flour

1/2 cup all-purpose flour

1 1/2 tsp salt

1 tbsp ground flaxseed

1 1/2 tsp baking powder

Yeast: 2 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer the Ingredients: Wet: Pour the warm water, olive oil, and honey into the bread pan. Dry: Add the lentil flour, whole wheat flour, all-purpose flour, salt, ground flaxseed (if using), and baking powder into the bread pan. Spread them evenly over the wet ingredients. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast. Ensure the yeast doesn't touch the liquid to prevent it from activating too early.

Select the Bread Machine Settings: Choose the "Whole Wheat" or "Basic" cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Select Medium.

Start the Cycle: Check the dough during the first kneading cycle.

Cool and Slice: After the baking cycle, excellent bread before slicing.

**Nutrition (per serving):** Calories: 130, Protein: 6g, Carbohydrates: 24g, Total fat: 3g, Fiber: 4g, Sodium: 280mg, Cholesterol: 0mg, Potassium: 150mg.

**Notes:** Lentil flour is a great source of plant-based protein, and combined with whole wheat flour, it makes for a hearty and nutritious loaf.

## Ancient Grains Bread with Quinoa and Millet

*Cooking Time: Approx. 3 hours | Yield: 1 loaf (1.5 lb / 750 g)*

### Ingredients:

1 1/4 cups warm water (110°F/45°C)

2 tbsp olive oil

1 tbsp honey

2 tsp apple cider vinegar

1/2 cup quinoa flour

1/2 cup millet flour

1 cup whole wheat flour

1/2 cup bread flour

1 1/2 tsp salt

1 tbsp ground flaxseed

1 1/2 tsp baking powder

Yeast: 2 tsp active dry

### Directions:

Prepare the Bread Machine. Layer Ingredients: Wet: Add warm water, olive oil, honey, and apple cider vinegar into the bread pan. Dry: Add the quinoa flour, millet flour, whole wheat flour, bread flour, salt, ground flaxseed (if using), and baking powder. Spread them evenly over the wet ingredients. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast. Make sure the yeast doesn't come into contact with the liquid before the kneading process starts.

Select the Bread Machine Settings: Choose the "Whole Wheat" or "Basic" cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Select Medium.

Start the Cycle: Check the dough during the first kneading cycle to ensure it's well-mixed.

Once the baking cycle is complete, remove the bread pan from the machine and transfer the loaf to a cooling rack before slicing.

**Nutrition (per serving):** Calories: 140, Protein: 6g, Carbohydrates: 25g, Total fat: 4g, Fiber: 4g, Sodium: 250mg, Cholesterol: 0mg, Potassium: 160mg.

**Notes:** Combining quinoa, millet, and whole wheat flour provides a slightly nutty and hearty flavor.

# Chickpea Flour and Spinach Bread

*Cooking Time: Approximately 2.5 to 3 hours | Yield: 1 loaf (1.5 lb / 750 g)*

## Ingredients:

1 cup warm water (110°F/45°C)  
2 tbsp olive oil  
1 tbsp apple cider vinegar  
1 large egg  
1/2 cup cooked spinach  
1 1/2 cups chickpea flour  
1/2 cup rice flour  
1/2 cup tapioca flour  
1 tsp salt  
1 tsp garlic powder  
1 tsp onion powder  
1 tbsp ground flaxseed  
1 tsp baking powder  
Yeast: 2 tsp active dry yeast

## Directions:

Prepare the Bread Machine. Layer Ingredients: Wet: Add the warm water, olive oil, apple cider vinegar, egg, and cooked spinach into the bread pan. Dry: Add the chickpea flour, rice flour, tapioca flour, salt, garlic powder, onion powder, ground flaxseed, and baking powder. Spread them evenly over the wet ingredients. Yeast: Make a small well in the center of the dry ingredients and add the active dry yeast. Be sure the yeast does not touch the liquid before the kneading process begins.  
Select the Bread Machine Settings: “Gluten-Free” or “Basic” cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Select Medium.  
Start the Cycle: Keep an eye on the dough during the first kneading cycle. Once the baking cycle is complete, carefully remove the bread pan from the machine. Transfer the loaf to a wire rack and let it cool completely before slicing.

**Nutrition (per serving):** *Calories: 140, Protein: 6g, Carbohydrates: 184g, Total fat: 7g, Fiber: 4g, Sodium: 270mg, Cholesterol: 30mg, Potassium: 300mg.*

**Notes:** *The spinach boosts the bread with vitamins and a subtle flavor, making it tasty and healthy.*

# Almond Flour and Chia Seed Loaf

*Cooking Time: Approximately 2.5 to 3 hours | Yield: 1 loaf (1.5 lb / 750 g)*

## Ingredients:

1 cup warm water (110°F / 45°C)  
3 large eggs  
2 tbsp olive oil  
1 tbsp apple cider vinegar  
1 tsp vanilla extract  
2 cups almond flour  
1/2 cup ground chia seeds  
1/4 cup flaxseed meal  
1 tbsp baking powder  
1 tsp salt  
1 tbsp ground psyllium husk  
1 tbsp coconut flour  
Yeast: 2 tsp active dry yeast

## Directions:

Prepare the Bread Machine. Layer Ingredients: Wet: Add warm water, eggs, olive oil, apple cider vinegar, and 1 tsp vanilla extract into the bread pan. Dry: Add the almond flour, ground chia seeds, flaxseed meal, baking powder, salt, psyllium husk, and coconut flour. Spread them evenly over the wet ingredients. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast. Be careful not to let the yeast directly contact the liquid ingredients.  
Select the Bread Machine Settings: “Gluten-Free” or “Basic” cycle. Loaf Size: 1.5 lb (750 g). Crust Color: Select Medium for a balanced crust.  
Press “Start” on the bread machine. The bread machine will handle the mixing, kneading, rising, and baking. Be sure to check the dough after the first kneading cycle to ensure it has the right consistency.  
Cool for 20 min before slicing. Or even shorter: Cool for 20 minutes, then slice.

**Nutrition (per serving):** *Calories: 170, Protein: 6g, Carbohydrates: 25g, Total fat: 7g, Fiber: 6g, Sodium: 200mg, Cholesterol: 0mg, Potassium: 180mg.*

**Notes:** *These superfoods boost the bread’s nutritional value with fiber, omega-3 fatty acids, and antioxidants.*

## Black Bean and Flax Vegan Bread

*Total Time: About 3 hours 45 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup warm water (110°F/43°C)  
1/4 cup olive oil  
1/2 cup canned black beans  
2 tbsp apple cider vinegar  
1 tsp vanilla extract  
1 1/2 cups whole wheat flour  
1/2 cup ground flax seeds  
1/4 cup all-purpose flour or chickpea flour  
1 tbsp sugar or maple syrup  
1 1/2 tsp salt  
1 1/2 tsp active dry yeast  
Optional Add-ins: 1/4 cup sunflower seeds or pumpkin seeds

### Directions:

Bread Machine Settings: “Whole Wheat” or “Basic” cycle. Loaf Size: Set to 1 lb (450g).  
Prepare the bread machine: Add warm water to the bread pan. Add the olive oil, black beans (drained and rinsed), apple cider vinegar, and vanilla extract. Add Dry: Gently add the whole wheat flour, ground flax seeds, all-purpose flour, sugar, and salt over the wet ingredients. Yeast: Create a small well in the center of the dry ingredients and add the active dry yeast.  
To start the Bread Machine, Close the lid and select the appropriate program (“Whole Wheat” or “Basic” cycle).  
Press Start. Optional Add-ins: If you add seeds or other optional ingredients, add them at the beep or during the last 5 minutes of the kneading phase. When the bread machine cycle is complete, carefully remove the bread pan from the machine. Cool before slicing.

**Nutrition (per serving):** *Calories: 170, Protein: 6g, Carbohydrates: 25g, Total fat: 7g, Fiber: 6g, Sodium: 200 mg, Cholesterol: 0mg, Potassium: 180mg.*

**Notes:** *The bread is hearty and filling, with a moist crumb, thanks to the combination of beans and flax.*

## Edamame and Hemp Seed Power Bread

*Cooking Time: 3 hours 30 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup warm water (110°F/43°C)  
1/4 cup olive oil or vegetable oil  
2 tbsp honey  
1/2 cup edamame  
1 1/2 cups whole wheat flour  
1/2 cup bread flour  
1/4 cup hemp seeds  
1 tbsp ground flaxseed  
1 tsp salt  
1 1/2 tsp active dry yeast  
1/2 tsp garlic powder

### Directions:

Bread Machine Settings: “Whole Wheat” or “Basic” cycle. Loaf Size: 1 lb (450g). Crust Color: Choose Medium or Light. Prepare the Bread Machine. Add Wet Ingredients First: Pour 1 cup of warm water into the bread pan. Add the olive oil and honey. Add the edamame (frozen, thawed, and roughly mashed or chopped). Add Dry Ingredients: Gently add the whole wheat flour, bread flour, hemp seeds, ground flaxseed, salt, and garlic powder (if using) over the wet ingredients. Add Yeast: Add a small well and active dry yeast to the dry ingredients center. Ensure the yeast doesn’t contact the wet ingredients at this stage.  
Press Start. Monitor the Dough: Check the dough after the first kneading. Baking and Cooling: Carefully remove the bread pan once the bread machine completes its cycle. Let the bread cool on a wire rack for 15-20 minutes before slicing.

**Nutrition (per serving):** *Calories: 180, Protein: 6g, Carbohydrates: 25g, Total fat: 7g, Fiber: 5g, Sodium: 220mg, Cholesterol: 0mg, Potassium: 200mg.*

**Notes:** *This is an excellent choice for anyone looking to add more plant-powered nutrition to their diet.*

## Buckwheat and Pumpkin Seed Bread

*Cooking Time: About 3 hours 30 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup warm water (110°F/43°C)  
1/4 cup olive oil  
1 tbsp honey  
1 tbsp apple cider vinegar  
1 1/2 cups buckwheat flour  
1/2 cup rice flour  
1/4 cup pumpkin seeds  
2 tbsp ground flaxseed  
1 tsp salt  
1 1/2 tsp active dry yeast  
1 tsp garlic powder

### Directions:

**Bread Machine Settings:** Program: Use the “Gluten-Free” or “Basic” cycle. Loaf Size: Set to 1 lb (450g). Crust Color: Choose Medium or Light, based on your preference.

**Prepare the Bread Machine:** Add Wet Ingredients: Pour 1 cup warm water, olive oil, honey, and apple cider vinegar into the bread pan. Add Dry Ingredients: Layer buckwheat flour, rice flour, ground flaxseed, salt, and garlic powder over the liquids. Add Pumpkin Seeds: Sprinkle evenly over the dry ingredients. Add Yeast: Make a small well in the center and add the active dry yeast.

**Start the Bread Machine:** Select the desired settings and press start. **Top with Pumpkin Seeds:** When the dough is ready to bake (after the second rise), sprinkle a few more pumpkin seeds on top of the dough before it starts baking. Bake and Cool.

**Nutrition (per serving):** *Calories: 180, Protein: 4g, Carbohydrates: 21g, Total fat: 9g, Fiber: 4g, Sodium: 220mg, Cholesterol: 0mg, Potassium: 200mg.*

**Notes:** *For a different flavor profile, add a handful of sunflower seeds, sesame seeds, or dried herbs like thyme or rosemary.*

## Cottage Cheese and Oat Protein Bread

*Bread Machine Cycle Time: Approximately 3 hours 30 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup warm water (110°F/43°C)  
1/2 cup cottage cheese  
2 tbsp olive oil  
1 tbsp honey  
1 tsp apple cider vinegar  
1 cup rolled oats  
1 cup whole wheat flour  
1/2 cup oat flour  
2 tbsp ground flaxseed  
1 tsp salt  
1 1/2 tsp active dry yeast  
1 tbsp vital wheat gluten

### Directions:

**Bread Machine Settings:** Program: Use the “Whole Wheat” or “Basic” cycle and crust color. Loaf Size: Set to 1 lb (450g) for this recipe.

**Prepare the Bread Machine.** Add Wet Ingredients: Pour 1 cup of warm water into the bread pan. Add 1/2 cup of cottage cheese (preferably low-fat or full-fat), olive oil, honey, and apple cider vinegar. Add Dry Ingredients: Add rolled oats, whole wheat, and oat flour into the bread pan. Sprinkle in ground flaxseed and salt. Add Yeast: Create a small well in the center of the dry ingredients and add active dry yeast. This ensures that the yeast is activated correctly during the kneading process. Close the bread machine lid and select the desired cycle. **Optional Topping:** Add oats on top before baking or after the dough rises. **Bake and Cool:** After baking, remove the pan, cool for 5 minutes, then transfer the bread to cool before slicing.

**Nutrition (per serving):** *Calories: 160, Protein: 6g, Carbohydrates: 22g, Total fat: 7g, Fiber: 4g, Sodium: 210mg, Cholesterol: 10mg, Potassium: 170mg.*

**Notes:** *Flaxseed and whole grains add a fiber-rich touch, making this bread a nutritious choice for breakfast or sandwiches.*

## Sunflower Seed and Quinoa Bread

*Total Time: About 3 hours 45 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup warm water (110°F/43°C)  
2 tbsp olive oil  
1 tbsp honey  
1 tsp apple cider vinegar  
1 cup quinoa flour  
1 1/2 cups bread flour (or whole wheat flour for a more rustic loaf)  
1/2 cup sunflower seeds (roasted or raw)  
1/4 cup rolled oats  
1 tsp (5 g) salt  
1 1/2 tsp active dry yeast  
2 tbsp vital wheat gluten

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water into the bread pan. Add olive or vegetable oil, honey (if desired), and apple cider vinegar. Add Dry Ingredients: Add 1 cup of quinoa flour, bread flour, and 1/4 cup of rolled oats (optional). Sprinkle in 1/2 cup of sunflower seeds and 1 tsp of salt.  
Yeast: Make a small well in the center of the dry mix and add the active dry yeast, ensuring it stays separate from the liquids.  
Start the Bread Machine: Close the bread machine lid, select the “Whole Wheat” or “Basic” cycle, and press start. Set the Loaf Size to 1 lb (450g). The Crust Color is medium.  
Optional – Add Sunflower Seeds Topping: If you like a topping, sprinkle additional sunflower seeds on top of the dough before starting the bake cycle. You can also do this after the first rise.  
Once the baking cycle is complete, remove the bread pan from the machine and let the loaf cool before slicing.

**Nutrition (per serving):** *Calories: 160, Protein: 5g, Carbohydrates: 22g, Total fat: 7g, Fiber: 3g, Sodium: 220mg, Cholesterol: 0mg, Potassium: 180mg.*

**Notes:** *The quinoa flour gives the bread a slightly nutty flavor, while the sunflower seeds provide a pleasant crunch.*

## Peanut Butter and Banana Protein Bread

*Total Time: About 3 hours 45 minutes | Yield: 1 loaf (12 slices)*

### Ingredients:

1 cup warm water (110°F/43°C)  
1/2 cup peanut butter  
1 ripe banana  
2 tbsp honey 1 tsp vanilla extract  
1/4 cup milk  
1 1/2 cups whole wheat flour  
1/2 cup protein powder  
1 tsp salt  
1 tbsp brown sugar  
1 1/2 tsp active dry yeast  
1 tsp ground cinnamon  
1 tbsp vital wheat gluten

### Directions:

Bread Machine Settings: “Whole Wheat” or “Basic” cycle and crust color: Medium. Loaf Size: Set to 1 lb (450 g) loaf size.  
Prepare the Bread Machine. Add Wet: Pour warm water into the bread pan. Add peanut butter, mashed, about 1/2 cup ripe banana, honey, vanilla extract, and milk. Add Dry: Add whole wheat flour (or bread flour for a lighter loaf), protein powder (unflavored or vanilla protein powder works best), salt, brown sugar, and ground cinnamon. Add Yeast: Create a small well in the center of the dry ingredients and add active dry yeast. Start the Bread Machine. Baking and Cooling: Remove the bread pan from the machine once the baking cycle is complete. Allow the loaf to cool for at least 20 minutes before slicing to prevent it from falling apart.

**Nutrition (per serving):** *Calories: 190, Protein: 8g, Carbohydrates: 25g, Total fat: 8g, Fiber: 4g, Sodium: 230mg, Cholesterol: 10mg, Potassium: 220mg.*

**Notes:** *Peanut butter adds a nutty flavor, banana brings sweetness and moisture, and cinnamon (optional) adds warmth.*

# GLUTEN-FREE AND KETO BREADS

## Gluten-Free Bread

### Classic Gluten-Free White Sandwich Bread

*Preparation time: 10 minutes | Cooking time: 3 hours | Yield: 12 slices*

#### Ingredients:

1 ½ cups warm milk (110°F/43°C)  
or water  
3 tbsp olive oil  
2 large eggs, room temperature  
1 tbsp apple cider vinegar  
2 tbsp honey or sugar  
2 cups gluten-free all-purpose flour  
blend  
½ cup tapioca starch  
2 tbsp powdered milk  
2 tsp salt  
1 tbsp baking powder  
Yeast: 2 ¼ tsp active dry yeast

#### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour the warm milk, olive oil, eggs, apple cider vinegar, and honey into the bread pan. Add Dry Ingredients: Layer the gluten-free flour blend, tapioca starch, powdered milk, salt, and baking powder evenly over the wet ingredients. Add Yeast: Create a small well in the center of the dry ingredients, ensuring it doesn't touch the liquid. Add the yeast to the well. Set the bread machine to "Gluten-Free" or "Basic" bread cycle and crust color. Set the loaf size to 1.5 lb (750 g). Start the bread machine. Check the dough consistency after the first mixing cycle (about 5-10 minutes). It should be thick but soft, like a batter. If it's too dry, add 1 tbsp of water at a time; if it's too wet, sprinkle in 1 tbsp of gluten-free flour. Once the baking cycle is complete, carefully remove the bread pan, cool it, and slice it.

**Nutrition (per serving):** *Calories: 140, Protein: 4g, Carbohydrates: 24g, Total fat: 3.5g, Fiber: 1g, Sodium: 270mg, Cholesterol: 20mg, Potassium: 60mg.*

**Notes:** *This gluten-free white sandwich bread is soft, fluffy, and versatile, perfect for sandwiches or toast.*

### Hearty Gluten-Free Multigrain Loaf

*Preparation time: 10 minutes | Cooking time: 3-4 hours | Yield: 12 slices*

#### Ingredients:

1 ½ cups warm water  
3 tbsp olive oil  
2 large eggs, room temperature  
1 tbsp apple cider vinegar  
2 tbsp honey or maple syrup  
1 ½ cups gluten-free flour blend  
½ cup sorghum flour  
½ cup brown rice flour  
¼ cup millet flour  
¼ cup gluten-free oats  
3 tbsp ground flaxseed  
1 tbsp chia seeds  
1 tbsp psyllium husk powder  
2 tsp salt  
1 ½ tsp baking powder  
Yeast: 2 ¼ tsp active dry yeast

#### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour the warm water (110°F/43°C), olive oil, eggs, apple cider vinegar, and honey into the bread pan. Add Dry Ingredients: Layer the gluten-free flour blend, sorghum flour, brown rice flour, millet flour, oats, ground flaxseed, chia seeds, psyllium husk, salt, and baking powder evenly over the wet ingredients. Add Optional Add-ins: Sprinkle 2 tbsp sunflower and 2 tbsp pumpkin seeds over the dry ingredients. Add Yeast: Create a small well in the center of the dry ingredients. Add the yeast to the well. Set the Bread Machine: "Gluten-Free" or "Basic" bread cycle. Choose a Medium crust color. Set the loaf size to 1.5 lb (750 g). During the first knead cycle, check the dough. It should have a thick, sticky batter-like consistency. If too dry, add 1 tbsp of warm water; if too wet, add 1 tbsp of gluten-free flour. Close the lid and let the machine complete the mixing, rising, and baking. Carefully remove the bread pan once the baking cycle ends. Let it cool completely before slicing.

**Nutrition (per serving):** *Calories: 180, Protein: 5g, Carbohydrates: 28g, Total fat: 5g, Fiber: 4g, Sodium: 290mg, Cholesterol: 25mg, Potassium: 75mg.*

**Notes:** *Psyllium husk and flaxseed ensure a moist, gluten-free loaf, ideal for sandwiches or toast.*

## Soft Gluten-Free Brioche

*Preparation time: 15 minutes | Total Time: About 3 hours 45 minutes | Yield: 1 loaf (10 slices)*

### Ingredients:

1/2 cup whole milk, warmed  
4 tbsp unsalted butter, melted  
3 large eggs, room temperature  
2 tbsp honey or maple syrup  
1 tsp apple cider vinegar  
1 1/2 cups gluten-free flour blend  
1/2 cup tapioca starch  
1/4 cup almond flour  
2 tbsp psyllium husk powder  
1 tbsp ground flaxseed  
1/2 tsp salt  
Yeast: 2 1/4 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour the warm milk (110°F/43°C), melted butter, eggs, honey, and apple cider vinegar into the bread pan. Add Dry Ingredients: Layer the gluten-free all-purpose flour, tapioca starch, almond flour, psyllium husk powder, ground flaxseed (if using), 3 tbsp granulated sugar, and salt evenly over the wet ingredients. Add Yeast: Add a small well and active dry yeast to the dry ingredients center. Ensure the yeast does not touch the wet ingredients at this stage.

Select Bread Machine Settings: “Sweet Bread” or “Basic” cycle. Select Medium crust color. Set the loaf size to 1.5 lb (750 g). Check Dough Consistency: After the first knead, check the dough. It should be sticky but cohesive. Start the Cycle. Once the cycle ends, remove the bread pan, cool it, and slice.

**Nutrition (per serving):** *Calories: 190, Protein: 4g, Carbohydrates: 27g, Total fat: 8g, Fiber: 2g, Sodium: 160mg, Cholesterol: 55mg, Potassium: 50mg.*

**Notes:** *Psyllium husk and almond flour create a soft, gluten-free brioche crumb.*

## Gluten-Free Sun-Dried Tomato & Herb Bread

*Preparation time: 5 minutes | Bread Machine Cycle: Approximately 3 hours | Yield: 10 slices*

### Ingredients:

1 1/4 cups warm water (110°F/43°C)  
3 tbsp olive oil  
2 tbsp honey  
1 tsp apple cider vinegar  
1 1/2 cups gluten-free all-purpose flour blend  
1 cup almond flour  
1/2 cup tapioca starch  
2 tbsp psyllium husk powder  
1 tsp xanthan gum  
1 tsp salt  
2 tsp dried Italian herbs  
Yeast: 2 1/2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Layer the Ingredients: Add Wet Ingredients: Pour the warm water into the bread pan, followed by olive oil, honey, and apple cider vinegar. Add Dry Ingredients: Carefully layer the gluten-free flour, almond flour, tapioca starch, psyllium husk, xanthan gum, salt, and Italian herbs. Distribute evenly over the wet ingredients. Add 1/2 cup Sun-Dried Tomatoes (chopped) & 2 tbsp fresh Parsley (finely chopped). Sprinkle these evenly over the dry ingredients. Add Yeast: Make a small well in the center of the dry mixture and add the yeast.

Select the Bread Machine Settings: “Gluten-Free” or “Basic” cycle. The Loaf Size is 1.5 lb (750 g), and the Crust Color is light.

Start the Cycle. When the baking cycle finishes, carefully remove the bread pan. Let the loaf cool for 10 minutes in the pan, then transfer it to a wire rack to cool completely before slicing.

**Nutrition (per serving):** *Calories: 170, Protein: 4g, Carbohydrates: 22g, Total fat: 8g, Fiber: 2g, Sodium: 290mg, Cholesterol: 0mg, Potassium: 130mg.*

**Notes:** *Great for savory applications like sandwiches or soups.*

## Fluffy Gluten-Free Dinner Rolls Recipe

*Total Time: Approximately 2 hours 40 minutes | Yield: 12 rolls*

### Ingredients:

1 cup warm milk  
2 tbsp honey  
2 tbsp unsalted butter, melted  
2 large eggs, room temperature (or flax eggs for vegan: 2 tbsp ground flaxseed + 6 tbsp water)  
2 cups gluten-free flour blend  
½ cup tapioca starch  
2 tbsp psyllium husk powder  
1 tsp xanthan gum  
1 tsp salt  
Yeast: 2 tsp active dry yeast

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Machine.  
Wet Ingredients: Pour warm milk into the bread pan. Add honey, melted butter, and eggs. Dry Ingredients: Layer gluten-free flour, tapioca starch, psyllium husk, xanthan gum (if needed), and salt. Distribute evenly. Yeast: Add the yeast to a small well in the center of the dry ingredients.  
Select Bread Machine Settings: “Dough” cycle. Loaf Size: 1.5 lb (750 g). After the dough cycle, transfer the dough to a floured surface. Divide it into 12 portions, roll it into balls, and place it in a greased 9x13-inch dish. Cover and let it rise for 30 minutes until puffy.  
Preheat the oven to 375°F. Brush rolls with melted butter or milk and bake for 20-25 minutes until golden. Cool in the pan for 5 minutes, then transfer to a wire rack. Serve warm.

**Nutrition (per serving):** *Calories: 140, Protein: 3g, Carbohydrates: 23g, Total fat: 4g, Fiber: 2g, Sodium: 150mg, Cholesterol: 25mg, Potassium: 40mg.*

**Notes:** *Perfectly fluffy texture, ideal for dinner or holiday gatherings.*

## Gluten-Free Cinnamon Raisin Bread

*Total Time: Approximately 2 hours 50 minutes | Yield: 10 slices*

### Ingredients:

1 cup warm milk  
3 tbsp unsalted butter, melted  
3 tbsp honey or sugar  
2 large eggs, room temperature  
2 cups gluten-free all-purpose flour blend  
½ cup tapioca starch  
2 tbsp psyllium husk powder  
1 tsp salt  
2 tsp ground cinnamon  
Yeast: 2 tsp (active dry)  
Optional: ½ cup chopped walnuts for extra texture

### Directions:

Prepare the Bread Machine. Wet: Pour the warm milk into the bread pan. Add melted butter, honey, and eggs. Dry: Add gluten-free flour, tapioca starch, psyllium husk, salt, and cinnamon evenly over the wet ingredients. Yeast: Add the yeast to a small well in the center of the dry ingredients.  
Select Bread Machine Settings: “Sweet” or “Gluten-Free” setting. Crust Color: Medium or Light. Loaf Size: 1.5 lb (750 g)  
Add Raisins: Add ½ cup raisins (usually during the kneading cycle) at the machine add-in signal (and optional walnuts). If your machine doesn’t have an add-in signal, mix the raisins in at the start.  
Baking and Cooling: Once the baking cycle is complete, carefully remove the bread pan and let the bread cool. Transfer the loaf to a wire rack and cool for at least 20 minutes before slicing.

**Nutrition (per serving):** *Calories: 190, Protein: 4g, Carbohydrates: 32g, Total fat: 5g, Fiber: 3g, Sodium: 200mg, Cholesterol: 30mg, Potassium: 100mg.*

**Notes:** *This gluten-free cinnamon raisin bread is soft, sweet, and spiced perfectly with warm cinnamon.*

## Savory Gluten-Free Olive & Rosemary Loaf

*Bread Machine Cycle: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1 cup warm water (110°F / 43°C)  
3 tbsp olive oil  
2 large eggs, room temperature  
1 tbsp apple cider vinegar  
2 cups gluten-free flour blend  
½ cup almond flour  
2 tbsp psyllium husk powder  
1 tsp salt  
1 tsp garlic powder  
1 tsp dried rosemary  
Yeast: 2 tsp (active dry)  
Optional: 2 tbsp grated Parmesan or dairy-free alternative

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Machine: Wet Ingredients: Pour warm water into the bread pan. Add olive oil, eggs, and apple cider vinegar. Dry Ingredients: Evenly distribute gluten-free flour, almond flour, psyllium husk, salt, garlic powder, and dried rosemary over the wet ingredients. Yeast: Add the yeast to a small well in the center of the dry ingredients.

Select Bread Machine Settings: Program: “Basic” or “Gluten-Free” setting. Crust Color: Medium. Loaf Size: 1.5 lb (750 g)

Add Olives: At the machine add-in signal, add ½ cup chopped pitted black or green olives. If desired, add grated Parmesan for extra flavor.

After baking, cool the loaf in the pan for 10 minutes, then transfer to a wire rack for 20 minutes before slicing.

**Nutrition (per serving):** *Calories: 140, Protein: 4g, Carbohydrates: 18g, Total fat: 6g, Fiber: 3g, Sodium: 220mg, Cholesterol: 20mg, Potassium: 50mg.*

**Notes:** *Ideal for toasting, sandwiches, or serving with dips like hummus or olive oil.*

## Gluten-Free Sweet Potato Bread

*Bread Machine Cycle: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1 cup cooked sweet potato  
½ cup warm water (110°F/43°C)  
3 tbsp olive oil or melted butter  
2 large eggs, room temperature  
1 tsp apple cider vinegar  
2 cups gluten-free flour  
1 tbsp ground flaxseed  
1 tsp salt  
1 tsp ground cinnamon  
1 tsp baking powder  
½ tsp baking soda  
2 tbsp honey  
Yeast: 2 tsp (active dry)

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Machine: Wet: Pour the mashed sweet potato into the bread pan. Add the warm water, olive oil (or melted butter), eggs, and apple cider vinegar. Dry: Add the gluten-free all-purpose flour, ground flaxseed, salt, cinnamon, baking powder, and baking soda evenly on top of the wet ingredients.

Sweetener: Drizzle honey or maple syrup over the dry ingredients. Yeast: Create a small well in the center of the dry ingredients (ensure it doesn't touch the wet ingredients) and add the active dry yeast.

Select Bread Machine Settings: Select the “Gluten-Free” or “Basic” setting. Crust Color: Medium. Loaf Size: 1.5 lb (750 g).

Start the Bread Machine. Press Start to begin the bread-making process.

After baking, remove the bread pan, cool for 10 minutes, then transfer the loaf to a wire rack to cool for 20 minutes before slicing.

**Nutrition (per serving):** *Calories: 170, Protein: 4g, Carbohydrates: 26g, Total fat: 6g, Fiber: 3g, Sodium: 180mg, Cholesterol: 30mg, Potassium: 230mg.*

**Notes:** *The addition of flaxseed boosts fiber content, promoting digestion.*

## Gluten-Free Banana Nut Breakfast Loaf

*Preparation time: 10 minutes | Bread Machine Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

3 large ripe bananas, mashed  
2 large eggs  
¼ cup unsweetened almond milk  
¼ cup melted coconut oil  
1 tsp vanilla extract  
⅓ cup maple syrup or honey  
1 ½ cups gluten-free flour blend  
½ cup almond flour  
1 tsp baking powder  
½ tsp baking soda  
½ tsp ground cinnamon  
¼ tsp salt

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour mashed bananas (1 ½ cups), eggs, almond milk, coconut oil, vanilla extract, and maple syrup into the bread pan. Incorporate Dry Ingredients: Evenly distribute the gluten-free flour blend, almond flour, baking powder, baking soda, cinnamon, and salt over the wet mixture. Spread them evenly. Add Nuts and Optional Mix-Ins: Sprinkle ½ cup chopped walnuts and any optional add-ins (¼ cup chocolate chips) over the dry ingredients. Add Yeast: No yeast is required for this quick bread recipe. The baking powder and soda will handle the rise. Select Settings: “Quick Bread” or “Gluten-Free” cycle. Choose a light or medium crust color. Bake: Run the bread machine cycle. Cool: Remove the pan and let the loaf cool for 10 minutes. Then, transfer it to a wire rack to cool fully before slicing.

**Nutrition (per serving):** *Calories: 185, Protein: 4g, Carbohydrates: 24g, Total fat: 8g, Fiber: 3g, Sodium: 120mg, Cholesterol: 20mg, Potassium: 210mg.*

**Notes:** *This Breakfast Loaf offers moist, flavorful bread packed with banana natural sweetness and nut crunch.*

## Gluten-Free Honey Oat Bread

*Preparation time: 10 minutes | Bread Machine Cycle: 2 hours 50 minutes | Yield: 12 slices*

### Ingredients:

1 cup warm water (110°F/43°C)  
2 tbsp olive oil  
3 tbsp honey  
1 cup gluten-free oat flour  
1 ½ cups gluten-free all-purpose flour blend  
¼ cup gluten-free rolled oats  
2 tbsp ground flaxseed  
1 tsp salt  
2 ¼ tsp active dry yeast

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water, olive oil, and honey into the bread pan. Add Dry Ingredients: Carefully add oat flour, all-purpose flour blend, rolled oats, ground flaxseed, and salt to the pan. Spread the dry ingredients evenly over the wet ingredients. Add Yeast: Make a small well in the center of the dry mixture and add the active dry yeast. Ensure it doesn't touch the wet ingredients. Select Bread Machine Settings: “Basic” or “Gluten-Free”. Loaf Size: 1.5lb. Crust Color: Light or Medium. Optional Topping: After the final kneading cycle, open the lid and brush the top with melted honey (1 tsp). Sprinkle 1 tbsp gluten-free rolled oats for decoration. Bake and Cool: Carefully remove the bread pan once the baking cycle is complete. Let the loaf cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

**Nutrition (per serving):** *Calories: 160, Protein: 4g, Carbohydrates: 27g, Total fat: 4g, Fiber: 3g, Sodium: 190mg, Cholesterol: 0mg, Potassium: 85mg.*

**Notes:** *This Gluten-Free Honey Oat Bread is soft and slightly sweet, perfect for sandwiches or toast.*

# Rustic Gluten-Free Sourdough

*Cooking Time: 3 hours 30 minutes | Yield: 10 slices*

## Ingredients:

1 cup warm water (110°F/43°C)  
2 tbsp olive oil  
1 tbsp apple cider vinegar  
1/2 cup gluten-free sourdough starter  
1 1/4 cups gluten-free flour blend  
1/2 cup sorghum flour  
1/2 cup almond flour  
1/4 cup tapioca starch  
1 tsp xanthan gum  
1 tsp salt  
Yeast: 1 tsp (active dry)

## Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water, olive oil, and apple cider vinegar into the bread pan. Add the sourdough starter. Dry Ingredients: Sprinkle the gluten-free flour blend, sorghum flour, almond flour, tapioca starch, xanthan gum, and salt over the wet ingredients. Mix-ins: Scatter 2 tbsp sunflower seeds on top of the dry ingredients. Add Yeast: Create a small well in the center of the dry ingredients and add the yeast. Select Bread Machine Settings: “Gluten-Free” or “Basic.” Loaf Size: 1.5 lb (750 g). Crust Color: Medium or Dark. Start the machine and let it mix, knead, rise, and bake. Once done, remove the pan with oven mitts, cool for 10 minutes, then transfer to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** *Calories: 140, Protein: 3g, Carbohydrates: 20g, Total fat: 5g, Fiber: 2g, Sodium: 240mg, Cholesterol: 0mg, Potassium: 80mg.*

**Notes:** *A blend of flours provides a rustic texture while staying gluten-free.*

# Gluten-Free Carrot and Zucchini Bread

*Bread machine cycle: 2 hours 50 minutes | Yield: 12 slices*

## Ingredients:

3/4 cup almond milk  
2 large eggs, lightly beaten  
1/4 cup olive oil  
1/4 cup honey or maple syrup  
1 tsp vanilla extract  
3/4 cup shredded carrots  
3/4 cup shredded zucchini  
1 1/4 cups gluten-free flour blend  
1/2 cup almond flour  
1/4 cup oat flour  
1/4 cup tapioca starch  
1 tsp xanthan gum  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/2 tsp salt  
Yeast: 1 tsp (active dry)

## Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Pan: Wet Ingredients First: Add the almond milk (warmed to 110°F/43°C), eggs, olive oil, honey, and vanilla extract. Vegetables: Evenly distribute the shredded carrots and zucchini (squeezed to remove excess moisture) over the wet ingredients. Dry Ingredients: Add the gluten-free flour blend, almond flour, oat flour, tapioca starch, xanthan gum (if not included in the gluten-free blend), baking powder, baking soda, cinnamon, nutmeg, and salt. Mix-Ins (Optional): Sprinkle 1/4 cup raisins or 1/4 cup chopped walnuts over the dry ingredients if desired. Yeast: Add the yeast to a small well in the center of the dry ingredients. Set the Bread Machine: “Quick Bread” or “Basic” cycle. The Loaf Size should be 1.5 lb (750 g), and the Crust Color should be Medium. Start the Machine: Press start and let the bread machine handle the mixing, kneading, rising, and baking. Cool the Bread: Carefully remove the bread pan once the baking cycle ends. Let the loaf cool in the pan for 10 minutes. Transfer the bread to a wire rack and let it cool completely before slicing.

**Nutrition (per serving):** *Calories: 140, Protein: 3g, Carbohydrates: 20g, Total fat: 6, Fiber: 3g, Sodium: 150mg, Cholesterol: 20mg, Potassium: 120mg.*

**Notes:** *Enjoy this hearty and wholesome bread, perfect for any time of day!*

## Gluten-Free Garlic Parmesan Bread

*Bread machine cycle: 2 hours 45 minutes | Yield: 12 slices*

### Ingredients:

1 cup warm water (110°F / 43°C)  
2 large eggs, room temperature  
2 tbsp olive oil  
2 tbsp honey or sugar  
1 tsp apple cider vinegar  
1 1/2 cups gluten-free flour blend  
1/2 cup almond flour  
1/4 cup tapioca starch  
1/4 cup grated Parmesan cheese  
2 tbsp powdered milk  
1 tsp xanthan gum  
1 tsp baking powder  
1/2 tsp salt  
1 tsp garlic powder  
1 tsp dried Italian herbs  
Yeast: 1 1/2 tsp (active dry)

### Directions:

Prepare the Bread Machine. Layer the Ingredients: Wet Ingredients: Pour the warm water, olive oil, eggs, honey, and apple cider vinegar into the bread pan. Add Dry Ingredients: Carefully add the gluten-free cornmeal, gluten-free flour, baking powder (ensure it is gluten-free), salt, baking soda, sugar, and ground flaxseed to the wet ingredients. Add Milk and Corn (Optional): Pour in the milk (dairy or non-dairy) and add the corn kernels if you're using them.

Set Bread Machine: "Quick Bread" or "Gluten-Free." Loaf Size: Choose 1 lb loaf. Crust Color: "Light". Press start and let the machine handle mixing, kneading, rising, and baking. The cycle should take around 2 hours 30 minutes in total.

Cooling: After finishing the baking cycle, remove the bread pan using oven mitts. Let the cornbread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

**Nutrition (Per Slice):** Calories: 130, Protein: 4g, Carbohydrates: 15g, Total fat: 5g, Fiber: 2g, Sodium: 210mg, Cholesterol: 25mg, Potassium: 80mg.

**Notes:** This Gluten-Free Garlic Parmesan Bread is a must-try for any bread lover.

## Simple Gluten-Free Cornbread

*Total Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1 cup warm water (110°F / 43°C)  
1/4 cup olive oil  
2 large eggs  
2 tbsp honey  
1 tsp apple cider vinegar  
1 1/2 cups gluten-free cornmeal  
1 cup gluten-free flour  
2 tsp baking powder  
1/2 tsp salt  
1/4 tsp baking soda  
2 tbsp sugar  
1/4 cup ground flaxseed  
Additional Ingredients:  
1/2 cup dairy-free milk  
1/2 cup corn kernels

### Directions:

Prepare the Bread Machine. Layer the Ingredients: Wet Ingredients: Pour the warm water, olive oil, eggs, honey, and apple cider vinegar into the bread pan. Add Dry Ingredients: Carefully add the gluten-free cornmeal, gluten-free flour, baking powder (ensure it is gluten-free), salt, baking soda, sugar, and ground flaxseed to the wet ingredients. Add Milk and Corn (Optional): Pour in the milk (dairy or non-dairy) and add the corn kernels if you're using them.

Set Bread Machine: "Quick Bread" or "Gluten-Free". Loaf Size: Choose 1 lb loaf. Crust Color: "Light". Press start and let the machine handle mixing, kneading, rising, and baking. The cycle should take around 2 hours 30 minutes in total. Cooling: After finishing the baking cycle, remove the bread pan using oven mitts. Let the cornbread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

**Nutrition (Per Slice):** Calories: 150, Protein: 3g, Carbohydrates: 23g, Total fat: 6g, Sugars: 6g, Fiber: 3g, Sodium: 180mg, Cholesterol: 25mg, Potassium: 90mg.

**Notes:** If you want a slightly sweeter cornbread, add a tbsp of maple syrup for a hint of sweetness.

# Gluten-Free Chocolate Chip Pumpkin Bread

*Bread machine cycle time: Approximately 2 hours 30 minutes | Yield: 12 slices*

## Ingredients:

1 cup canned pumpkin puree  
1/4 cup olive oil or vegetable oil  
2 large eggs  
1/2 cup maple syrup  
1 tsp vanilla extract  
2 cups gluten-free flour  
1/2 cup gluten-free oat flour  
1/2 tsp baking soda  
1 tsp baking powder  
1/2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp salt

## Directions:

Prepare the Bread Machine. First, add the Wet Ingredients: Pour pumpkin puree, oil, eggs, maple syrup, and vanilla extract into the bread pan. Add the Dry Ingredients: gluten-free all-purpose flour, oat flour (gluten-free), baking soda, baking powder, cinnamon, nutmeg (ground), and salt. Please ensure the dry ingredients cover the wet ingredients (don't mix them yet). Add Yeast: Make a small well in the dry ingredients and add active dry yeast.

Start the Bread Machine with "Quick Bread" or "Cake" and Crust Color. Add Mix-ins: After the signal or after mixing starts, add 1/2 cup gluten-free chocolate chips and the optional 1/4 cup chopped walnuts. Let the Machine Do the Work. After baking, remove the pan with oven mitts and let the bread cool before slicing.

**Nutrition (Per Slice):** *Calories: 215, Protein: 4g, Carbohydrates: 29g, Total fat: 9g, Sugars: 14g, Fiber: 3g, Sodium: 150mg, Cholesterol: 32mg, Potassium: 170mg.*

**Notes:** *If the batter feels too thick, add a little water (1-2 tbsps) to reach your desired consistency.*

## Keto Bread

### Low-Carb Keto Sandwich Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

## Ingredients:

1 cup warm water (110°F/43°C)  
2 tbsps olive oil  
3 large eggs at room temperature  
1 tsp apple cider vinegar  
2 cups almond flour (superfine)  
1/4 cup ground psyllium husk powder  
1/2 tsp salt  
1 tsp baking powder (ensure gluten-free)  
1/4 tsp garlic powder  
1 tbsps ground flaxseeds  
2 1/4 tsp yeast (active dry)

## Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour 1 cup of warm water, 2 tbsps of olive oil, three eggs, and 1 tsp apple cider vinegar into the bread pan. Add Dry Ingredients: Add the almond flour, psyllium husk powder, salt, baking powder, garlic powder, and flaxseeds to the bread pan. Add Yeast: Create a small well in the center of the dry ingredients (not touching the liquid) and add the yeast. This prevents the yeast from coming in contact with the liquid too early.

Set Bread Machine: "Gluten-Free" and Crust Color.

Cycle Time: The cycle will take approximately two hours and 30 minutes. Press Start to mix, knead, rise, and bake the dough.

Cool the Bread: After baking, remove the bread pan carefully with oven mitts. Let the bread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** *Calories: 150 kcal, Protein: 6g, Carbohydrates: 4g, Fiber: 3g, Net Carbs: 1g, Fat: 12g, Saturated Fat: 1g, Cholesterol: 40mg, Sodium: 200mg, Potassium: 70mg.*

**Notes:** *The bread will be denser than traditional bread due to the almond flour and psyllium husk. It will have a soft crumb.*

## Keto Almond Flour Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1 1/2 cups almond flour  
1/4 cup ground flaxseeds  
2 tbsp coconut flour  
1/4 cup melted butter  
3 large eggs at room temperature  
1/2 cup warm water (110°F/43°C)  
2 tsp apple cider vinegar  
1 tsp baking powder (ensure gluten-free)  
1/2 tsp salt  
2 1/4 tsp yeast (active dry)

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water, melted butter, eggs, and apple cider vinegar into the bread pan. Add Dry Ingredients: Add almond flour, ground flaxseeds, coconut flour, baking powder, and salt into the bread pan over the wet ingredients. Add Yeast: Make a small well in the center of the dry ingredients and add the active dry yeast. This keeps the yeast from contacting the liquids until mixing begins. Set the Bread Machine: “Gluten-Free” or “Cake” and Crust Color. The machine will take about 2 hours and 30 minutes. Press “Start” and let the bread machine handle the mixing, kneading, rising, and baking. Cool the Bread: Remove the bread pan with oven mitts, cool for 10 minutes, then transfer the loaf to cool fully before slicing.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 6g, Carbohydrates: 5g, Fiber: 3g, Net Carbs: 2g, Fat: 15g, Saturated Fat: 3g, Cholesterol: 55mg, Sodium: 160mg, Potassium: 80mg.*

**Notes:** *The bread is dense but moist due to the almond flour and flaxseeds. It's perfect for sandwiches or lightly toasted with butter.*

## Keto Garlic & Herb Focaccia

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 10 slices*

### Ingredients:

1/2 cup warm water  
1/4 cup olive oil  
2 large eggs at room temperature  
2 tbsp apple cider vinegar  
1 1/2 cups almond flour  
1/4 cup coconut flour  
1/4 cup ground flaxseed  
1 tsp garlic powder  
1 tsp dried oregano  
1/2 tsp dried rosemary  
1 tsp baking powder  
1/2 tsp salt  
2 1/4 tsp active dry yeast  
1/4 cup grated Parmesan cheese

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water(110°F/43°C), olive oil, eggs (room temperature), and apple cider vinegar into the bread pan. Add Dry Ingredients: Add almond flour, coconut flour, ground flaxseed, garlic powder, dried oregano, rosemary, baking powder, and salt to the bread pan. Add Yeast: Make a small well in the center of the dry ingredients and add the active dry yeast. Ensure the yeast does not touch the wet ingredients until the machine mixes. Start the Bread Machine: “Gluten-Free” or the “Cake” and Crust Color. Cycle Time: The bread machine will take about 2 hours and 30 minutes to bake. Optional Toppings: When the bread machine begins baking, you can top the dough with fresh rosemary leaves or garlic slices or drizzle with olive oil for added flavor and texture. Cool: Remove the pan, cool, and then transfer the focaccia to a rack to cool fully.

**Nutrition (Per Slice):** *Calories: 170 kcal, Protein: 7g, Carbohydrates: 5g, Fiber: 3g, Net Carbs: 2g, Fat: 14g, Saturated Fat: 2g, Cholesterol: 55mg, Sodium: 190mg, Potassium: 80mg.*

**Notes:** *The garlic and rosemary combination brings the classic focaccia flavor to life without the carbs.*

## Keto Zucchini & Cheese Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
1/4 cup olive oil  
2 large eggs (room temperature)  
1/2 cup grated zucchini  
1/4 cup almond milk  
1 tbsp apple cider vinegar  
1 1/2 cups almond flour  
1/4 cup coconut flour  
1/4 cup ground flaxseed  
1 1/2 tsp baking powder  
1 tsp garlic powder (gluten-free)  
1/2 tsp dried oregano  
1/2 tsp salt  
2 1/4 tsp yeast (active dry)  
Cheese: 1/2 cup Cheddar+1/4 cup  
Parmesan

### Directions:

Prepare the Bread Machine.  
Add Wet Ingredients: Pour warm water (110°F/43°C), olive oil, eggs, grated zucchini (squeeze out excess moisture), almond milk, and apple cider vinegar into the bread pan. Add Dry Ingredients: Add almond flour (superfine), coconut flour, ground flaxseed, baking powder, garlic powder, dried oregano, and salt to the bread pan.  
Add Yeast: Make a small well in the dry ingredients and add 1 packet of active dry yeast, ensuring it does not touch the liquid until the machine begins mixing.  
Add Cheese: Add 1/2 cup shredded Cheddar cheese and 1/4 cup Parmesan cheese (grated).  
Start the Bread Machine: “Gluten-Free” or the “Cake.” Crust Color. Optional: For a crispier top, brush with olive oil or sprinkle cheese during the final bake. Cool in the pan, then on a rack for 20 minutes before slicing.

**Nutrition (Per Slice):** Calories: 180 kcal, Protein: 7g, Carbohydrates: 4g, Fiber: 2g, Net Carbs: 2g, Fat: 15g, Saturated Fat: 3g, Cholesterol: 65mg, Sodium: 240mg, Potassium: 125mg.

**Notes:** This bread makes a fantastic base for keto sandwiches, or you can enjoy it as a savory snack with avocado spread.

## Fluffy Keto Cloud Rolls

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 8 rolls*

### Ingredients:

1/4 cup warm water  
3 large eggs (room temperature)  
1/4 cup olive oil  
1 tbsp apple cider vinegar  
1 1/2 cups almond flour  
1/4 cup coconut flour  
1/4 cup ground flaxseed  
1 1/2 tsp baking powder (gluten-free)  
1/2 tsp garlic powder  
1/4 tsp salt

### Other Ingredients:

2 1/4 tsp (active dry) yeast

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, olive oil (or melted butter), and apple cider vinegar into the bread pan. Add Dry Ingredients: Add almond flour (superfine), coconut flour, ground flaxseed, baking powder, garlic powder (optional), and salt into the bread pan. Add Yeast: Make a small well in the dry ingredients (not the liquid) and add 1 packet of active dry yeast. This ensures that the yeast is activated correctly during the mixing phase.  
Start the Bread Machine: “Gluten-Free” or “Cake.” Crust Color: Select “Light” or “Medium”. Optional Step: If you like your rolls with a crispy top, brush the top of the rolls with a bit of melted butter or olive oil during the final baking stage. Cool the Rolls: Remove the pan with oven mitts, cool for 5-10 minutes, then transfer the rolls to a rack to cool for 15-20 minutes before serving.

**Nutrition (Per Slice):** Calories: 150 kcal, Protein: 6g, Carbohydrates: 4g, Fiber: 3g, Net Carbs: 1g, Fat: 13g, Saturated Fat: 1g, Cholesterol: 55mg, Sodium: 180mg, Potassium: 75mg.

**Notes:** Almond and coconut flour are low in carbs, making these rolls perfect for a keto diet.

## Keto Coconut Flour Bread

Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices

### Ingredients:

Wet Ingredients:

- 1/2 cup warm water
- 4 large eggs (room temperature)
- 1/4 cup melted coconut oil
- 1 tbsp apple cider vinegar

Dry Ingredients:

- 1/2 cup coconut flour
- 1/2 tsp baking soda (gluten-free)
- 1/2 tsp salt
- 1 tbsp ground psyllium husk powder (for texture and elasticity)

Other Ingredients:

- 2 1/4 tsp yeast (active dry)

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, melted coconut oil, and apple cider vinegar into the bread pan. Add Dry Ingredients: Add coconut flour, baking soda, salt, and psyllium husk powder into the bread pan. Be sure to sprinkle evenly over the liquid ingredients. Add Yeast: Add a small well in the dry ingredients (do not let the yeast touch the wet ingredients directly), and add 1 packet of active dry yeast.

Start the Bread Machine: Select “Gluten-Free” or “Cake.” Crust Color: “Light” or “Medium”.

Optional Step: For extra flavor, add 1 tbsp of herbs like rosemary, thyme, or cheese (grated) during the last minute of the kneading phase. Cool the Bread: Remove the pan with oven mitts, cool for 10 minutes, then transfer to a rack to cool completely before slicing.

**Nutrition (Per Slice):** Calories: 110 kcal, Protein: 5g, Carbohydrates: 4g, Fiber: 3g, Net Carbs: 1g, Fat: 9g, Saturated Fat: 6g, Cholesterol: 80mg, Sodium: 210mg, Potassium: 100mg.

**Notes:** This bread is perfect for keto sandwiches, toast, or a side with soups and salads. You can also enjoy it as a snack with butter or almond butter.

## Keto “Everything Bagel” Loaf

Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices

### Ingredients:

- 1/2 cup warm water
- 4 large eggs (room temperature)
- 1/4 cup melted coconut oil
- 1 tbsp apple cider vinegar
- 1 1/2 cups almond flour
- 1/2 cup ground flaxseed
- 1/4 cup psyllium husk powder
- 1 1/2 tsp baking powder
- 1/2 tsp salt

Other Ingredients:

- 2 1/4 tsp yeast (active dry)
- 1 tbsp Everything Bagel Seasoning

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, melted coconut oil, and apple cider vinegar into the bread pan. Add Dry Ingredients: almond flour, ground flaxseed, psyllium husk powder, baking powder, and salt. Be sure to sprinkle evenly over the wet ingredients. Add Yeast: Add a small well in the dry ingredients and 1 packet of active dry yeast. Add Everything Bagel Seasoning to the bread pan. For added texture and flavor, stir in 1 tbsp sesame seeds and 1 tbsp poppy seeds.

Start the Bread Machine: “Gluten-Free” or “Quick Bread”. Crust Color: “Medium”. Start Cycle. After the first rise, you can sprinkle Everything Bagel Seasoning over the loaf before baking. Cool the Bread: Remove the pan with oven mitts, cool for 10 minutes, then transfer to a rack to cool fully before slicing.

**Nutrition (Per Slice):** Calories: 130 kcal, Protein: 6g, Carbohydrates: 3g, Fiber: 3g, Net Carbs: 1g, Fat: 11g, Saturated Fat: 3g, Cholesterol: 65mg, Sodium: 160mg, Potassium: 90mg.

**Notes:** This loaf is perfect for keto-friendly sandwiches, toasting with butter, or serving as a side dish with soups and salads.

## Keto Sunflower Seed Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
3 large eggs (room temperature)  
2 tbsp olive oil or coconut oil  
2 tbsp apple cider vinegar  
1 1/2 cups almond flour  
1/2 cup sunflower seed flour  
1/4 cup ground flaxseed  
1 1/2 tsp baking powder  
1/2 tsp salt  
1/4 tsp garlic powder  
Other Ingredients:  
2 1/4 tsp yeast (active dry)  
1/4 cup whole sunflower seeds

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water(110°F/43°C), eggs, olive oil, and apple cider vinegar into the bread pan. Add Dry Ingredients: Add 1 almond flour, sunflower seed flour, ground flaxseed, baking powder, salt, and garlic powder (optional) on top of the wet ingredients. Add Yeast: Create a small well in the dry ingredients (ensuring the yeast does not touch the wet ingredients directly) and add 1 packet of active dry yeast. Add Sunflower Seeds: Add whole sunflower seeds to the bread pan. These will give the bread a nice texture and a crunchy topping. Start the Bread Machine: “Gluten-Free” or “Quick Bread.” Crust Color: “Light” or “Medium”. Star Press. After the first rise, you can optionally sprinkle additional sunflower seeds on top for extra texture and visual appeal. Cool the Bread: Remove the pan with oven mitts, cool for 10 minutes, then transfer to a rack to cool fully before slicing.

**Nutrition (Per Slice):** *Calories: 160 kcal, Protein: 7g, Carbohydrates: 6g, Fiber: 3g, Net Carbs: 3g, Fat: 13g, Saturated Fat: 1g, Cholesterol: 65mg, Sodium: 190mg, Potassium: 120mg.*

**Notes:** *This keto-friendly bread is perfect for sandwiches, as a side with soups or salads or toasted with butter.*

## Low-Carb Sesame Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
3 large eggs (room temperature)  
2 tbsp olive oil  
2 tbsp apple cider vinegar  
1 1/2 cups almond flour  
1/2 cup sesame flour  
1/4 cup ground flaxseed  
1 1/2 tsp baking powder  
1/2 tsp salt  
1/2 tsp garlic powder  
1 tbsp sesame seeds (for topping)  
Other Ingredients:  
2 1/4 tsp yeast (active dry)

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, olive oil, and apple cider vinegar into the bread pan. Add Dry Ingredients: Add almond flour, sesame flour (or ground sesame seeds), ground flaxseed, baking powder, salt, and garlic powder to the wet ingredients. Add Yeast: Add a small well to the dry ingredients and 1 packet of active dry yeast. Add Sesame Seeds: Add sesame seeds to the bread pan. These will give the bread a nice texture and a crunchy topping. Start the Bread Machine: “Gluten-Free” or “Quick Bread” and Crust Color. Start the Machine Cycle. After the first rise, you can optionally sprinkle additional sesame seeds on top for extra texture and visual appeal. Cool the Bread: Remove the pan with oven mitts, cool for 10 minutes, then transfer to a rack to cool before slicing.

**Nutrition (Per Slice):** *Calories: 160 kcal, Protein: 6g, Carbohydrates: 4g, Fiber: 3g, Net Carbs: 1g, Fat: 14g, Saturated Fat: 1.5g, Cholesterol: 60mg, Sodium: 180mg, Potassium: 120mg.*

**Notes:** *This bread is very low in carbohydrates, using almond flour, sesame flour, and flaxseed. It is an excellent choice for those on a low-carb or keto diet.*

## Keto Lemon Poppy Seed Loaf

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
3 large eggs (room temperature)  
1/4 cup coconut oil  
2 tbsp lemon juice  
1 tbsp lemon zest (fresh)  
2 cups almond flour  
1/4 cup coconut flour  
2 tbsp poppy seeds  
1 1/2 tsp baking powder  
1/2 tsp salt  
1/4 tsp xanthan gum  
2 1/4 tsp yeast (active dry)  
1/4 cup erythritol  
1/2 tsp vanilla extract

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, melted coconut oil, lemon juice (freshly squeezed), and lemon zest into the bread pan. Add Dry Ingredients: Add almond flour, coconut flour (melted), poppy seeds, baking powder, salt, and xanthan gum (optional) on top of the wet ingredients. Add Sweetener and Yeast: Add a small well in the dry ingredients, erythritol (or preferred keto sweetener), and 1 packet of active dry yeast. Start the Bread Machine: “Gluten-Free” or “Quick Bread.” Crust Color. After the first rise, you can sprinkle additional poppy seeds for extra crunch. Cool the Bread: Carefully remove the bread pan using oven mitts once the baking cycle finishes. Let the bread cool in the pan for 10 minutes, then transfer to a wire rack to cool completely (about 15-20 minutes) before slicing.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 6g, Carbohydrates: 5g, Fiber: 3g, Net Carbs: 2g, Fat: 16g, Saturated Fat: 9g, Cholesterol: 75mg, Sodium: 180mg, Potassium: 100mg.*

**Notes:** *Enjoy this loaf, spread it with butter or cream cheese, or toast it for a crispy treat.*

## Savory Keto Cheddar Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
3 large eggs (room temperature)  
1/4 cup olive oil  
1/4 cup almond milk  
1 tsp apple cider vinegar  
2 cups almond flour  
1/4 cup coconut flour  
1 1/2 tsp baking powder  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp xanthan gum  
1 1/2 cups sharp cheddar cheese  
2 1/4 tsp (active dry) yeast

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, olive oil, unsweetened almond milk, and apple cider vinegar into the bread pan. Add Dry Ingredients: Add almond flour, coconut flour, baking powder, garlic and onion powder, salt, black pepper, and xanthan gum. Add Yeast: Add a small well in the dry ingredients and 1 packet of active dry yeast. Add Cheese: Add cups of shredded cheddar cheese (shredded, divided) to the bread pan, saving a small portion to sprinkle on the loaf after baking. Start the Bread Machine: “Gluten-Free” or “Quick Bread.” Crust Color: “Light” or “Medium”. Start Press. After the bread machine finishes baking, sprinkle any remaining cheese on top of the loaf for extra cheesy flavor. Cool the Bread: Carefully remove the bread pan using oven mitts once the baking cycle finishes. Let the bread cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** *Calories: 230 kcal, Protein: 9g, Carbohydrates: 5g, Fiber: 3g, Net Carbs: 2g, Fat: 19g, Saturated Fat: 7g, Cholesterol: 85mg, Sodium: 340mg, Potassium: 140mg.*

**Notes:** *This bread is perfect for pairing with soups. You can even toast it with butter for a cheesy snack.*

## Keto Onion & Herb Rolls

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 8 rolls*

### **Ingredients:**

1/2 cup warm water  
2 large eggs (room temperature)  
2 tbsp olive oil  
1 tbsp apple cider vinegar  
1/2 tsp onion powder  
2 cups almond flour  
1/4 cup coconut flour  
1 1/2 tsp baking powder  
1/4 tsp garlic powder  
1/4 tsp dried rosemary  
1/4 tsp dried thyme (optional)  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp xanthan gum  
2 1/4 tsp yeast (active dry)

### **Directions:**

Prepare the Bread Machine.  
Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, olive oil, apple cider vinegar, and onion powder into the bread pan. Add Dry Ingredients: Add almond flour, coconut flour, baking powder, garlic powder, rosemary, dried thyme, salt, and black pepper to the pan. Optionally, add xanthan gum for improved texture. Add Yeast: Add a small well in the dry ingredients and 1 packet of active dry yeast. Ensure the yeast doesn't touch the wet ingredients until the machine mixes. Add 1/2 medium onion, finely diced or freeze-dried onion, into the pan.  
Start the Bread Machine: "Gluten-Free" or "Quick Bread." Crust Color: Choose "Light" or "Medium". If you like, sprinkle 1 tbsp sesame seeds over the rolls just before baking for added texture and flavor.  
Cool the Rolls: Remove the pan with mitts, cool the rolls for 10 minutes, and then transfer them to cool fully before slicing.

**Nutrition (Per Slice):** *Calories: 150 kcal, Protein: 5g, Carbohydrates: 5g, Fiber: 3g, Net Carbs: 2g, Fat: 13g, Saturated Fat: 2g, Cholesterol: 55mg, Sodium: 230mg, Potassium: 120mg.*

**Notes:** *These rolls are perfect for lunch with turkey or chicken or a hearty keto soup.*

## Keto Bacon and Cheddar Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### **Ingredients:**

1/2 cup warm water  
2 large eggs (room temperature)  
1/4 cup almond milk  
2 tbsp olive oil  
1 tbsp apple cider vinegar  
1 tsp Dijon mustard  
2 cups almond flour  
1/4 cup coconut flour  
1 1/2 tsp baking powder  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp xanthan gum  
2 1/4 tsp yeast (active dry)  
3/4 cup cooked bacon, chopped  
1 cup shredded cheddar cheese

### **Directions:**

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C) into the pan, then add eggs, unsweetened almond milk, olive oil, apple cider vinegar, and Dijon mustard. Add the wet ingredients first to avoid the yeast touching the liquid prematurely. Add Dry Ingredients: Add almond flour, coconut flour, baking powder, garlic and onion powder, salt, and black pepper into the bread pan. Optionally, add xanthan gum for improved texture and structure. Add Yeast: Create a small well in the center of the dry ingredients and add 1 packet of active dry yeast. The yeast should only touch the liquid once the bread machine starts mixing. Add Bacon and Cheese: Sprinkle 3/4 cup chopped cooked bacon and 1 cup shredded cheddar cheese over the dry ingredients. The bacon and cheese will add both flavor and texture to the loaf.  
Start the Bread Machine: "Gluten-Free" or "Quick Bread." Crust Color: Optional Garnish: If you like, sprinkle 1 tbsp sesame seeds on the bread before baking. Cool the Bread: Remove the pan with mitts, cool for 10 minutes, then transfer to a rack to cool fully before slicing.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 8g, Carbohydrates: 4g, Fiber: 2g, Net Carbs: 2g, Fat: 15g, Saturated Fat: 6g, Cholesterol: 55mg, Sodium: 310mg, Potassium: 180mg.*

**Notes:** *This keto bread is excellent as a sandwich, with eggs or avocado for breakfast, or as a side with keto soups and stews.*

## Low-Carb Cinnamon Swirl Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
2 large eggs (room temperature)  
2 tbsp almond milk  
1/4 cup butter (melted)  
1 tbsp apple cider vinegar  
1 tsp vanilla extract  
2 cups almond flour  
1/4 cup coconut flour  
2 tbsp ground flaxseed  
1 1/2 tsp baking powder  
1/4 tsp salt  
1/4 tsp ground cinnamon  
1/4 tsp xanthan gum  
2 1/4 tsp yeast (active dry)

### Directions:

Prepare the Bread Machine. Pour in the Wet Ingredients: Add warm water (110°F/43°C), eggs, almond milk, butter (melted), apple cider vinegar, and vanilla extract to the bread pan. Add Dry Ingredients: Add almond flour, coconut flour, ground flaxseed, baking powder, salt, cinnamon, and xanthan gum into the bread pan. Ensure the dry ingredients cover the wet ingredients. Add Yeast: Create a small well in the center of the dry ingredients and add 1 packet of active dry yeast.

Prepare Cinnamon Swirl Filling: In a small bowl, mix 2 tbsp of ground cinnamon, 2 tbsp of erythritol, and 1 tbsp of melted butter. Set aside. Start the Bread Machine: “Gluten-Free” or “Quick Bread.” Crust Color. Add the Swirl: After the first rise, pause the machine and gently swirl in the cinnamon filling. Finish Baking: Close the lid and let the cycle complete. Cool: Remove the pan for 10 minutes, then transfer the bread to cool fully before slicing.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 6g, Carbohydrates: 6g, Fiber: 3g, Net Carbs: 3g, Fat: 15g, Saturated Fat: 6g, Cholesterol: 55mg, Sodium: 230mg, Potassium: 100mg.*

**Notes:** *Enjoy this bread as a snack, toasted with butter, or as a low-carb breakfast.*

## Keto Jalapeño Cheddar Bread

*Prep Time: 10 minutes | Bread Machine Cycle Time: 2 hours 30 minutes | Yield: 12 slices*

### Ingredients:

1/2 cup warm water  
3 large eggs (room temperature)  
1/4 cup olive oil  
1 tbsp apple cider vinegar  
1 tsp garlic powder  
1 tsp onion powder  
2 cups almond flour  
1/4 cup coconut flour  
2 tbsp ground flaxseed  
1 1/2 tsp baking powder  
1/4 tsp salt  
1/4 tsp black pepper  
1/2 tsp ground cumin  
2 1/4 tsp yeast (active dry)  
1/2 cup sharp cheddar cheese  
1/4 cup jalapeños

### Directions:

Prepare the Bread Machine. Add Wet Ingredients: Pour warm water (110°F/43°C), eggs, olive oil, apple cider vinegar, garlic powder, and onion powder into the bread pan. Add wet ingredients first to prevent direct contact between yeast and liquid before the mixing begins.

Add Dry Ingredients: Add almond flour, coconut flour, ground flaxseed, baking powder, salt, black pepper, and ground cumin to the bread pan. Spread the dry ingredients evenly over the wet ingredients. Add Yeast: Create a small well in the center of the dry ingredients and add 1 packet of active dry yeast. Ensure the yeast only contacts the wet ingredients directly once the machine mixes.

Add shredded sharp cheddar cheese and diced jalapeños (seeds removed for a milder flavor) to the bread pan. You can combine it with the other ingredients.

Start the Bread Machine: “Gluten-Free” or “Quick Bread.” Crust Color. After the cycle finishes, take out the bread pan and let the bread cool inside before transferring.

**Nutrition (per slice):** *Calories: 200 kcal, Protein: 7g, Carbohydrates: 4g, Fiber: 2g, Net Carbs: 2g, Fat: 16g, Saturated Fat: 3g, Cholesterol: 60mg, Sodium: 240mg, Potassium: 180mg.*

**Notes:** *Toast for a crisp texture and top with extra butter or cheese for a decadent touch.*

# INTERNATIONAL BREADS

## French country bread

*Prep (machine setup): 5 minutes | Bread Machine Cycle: 3-4 hours | Yield: 10 slices*

### Ingredients:

1 1/4 cups warm water (110°F/43°C)  
1 1/2 tsp salt  
1 tbsp honey or sugar  
3 cups bread flour  
1/2 cup whole wheat flour  
2 tsp active dry yeast or instant yeast  
Optional: 1 tsp dried thyme or  
herbes de Provence

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Pan: Pour the warm water into the bread pan first. Add the salt and honey (or sugar). Layer the bread and whole wheat flour on top of the liquid ingredients. Spread evenly. If using herbs, sprinkle them over the flour. Please make a small well in the center of the flour and add the yeast, ensuring it does not touch the liquid below.

Set Your Bread Machine: Program: French Bread (or Basic/White Bread if French Bread is unavailable). Crust Color: Medium or Dark, depending on your preference. Size: 2-pound loaf (adjust if needed). Press “Start”. During the initial kneading (first 10 minutes), check the dough. It should form a soft, slightly sticky ball. Adjust with 1 tbsp flour or water as needed. Cool the Bread: Remove the pan with oven mitts, cool for 5 minutes, then transfer to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** Calories: 150 kcal, Protein: 4.5g, Carbohydrates: 29g, Fiber: 2g, Sugars: 2g, Fat: 0.8g, Saturated Fat: 0.1 g, Cholesterol: 0 mg, Sodium: 300 mg, Potassium: 80 mg.

**Notes:** Serve with a drizzle of olive oil or alongside soups, stews, or cheese plates.

## Italian cornbread (from Tuscan)

*Bread machine cycle: 1 hour 30 minutes | Yield: 12 slices*

### Ingredients:

Dough:  
1 cup warm water (110°F/43°C)  
3 tbsp extra virgin olive oil  
2 tbsp honey or sugar  
1 1/4 tsp salt  
1 cup cornmeal (medium or fine grind)  
2 cups bread flour  
2 tsp dried rosemary (optional, for flavor)  
2 1/4 tsp active dry/instant yeast

### Directions:

Prepare the Bread Machine. Add Ingredients: Pour the warm water into the bread pan. Add the olive oil, honey (or sugar), and salt. Gently spoon in the cornmeal, followed by the bread flour, to create separate layers. Sprinkle the dried rosemary (if using) over the flour. Make a small well in the center of the flour and add the yeast.

Select Bread Machine Settings: Basic or White Bread. Crust Color: Medium. Size: 1.5-pound loaf. Press “Start”. During the kneading phase (first 10 minutes), check the dough. If it’s too sticky, add 1 tbsp of bread flour at a time. Once the cycle is complete, carefully remove the bread pan using oven mitts. Let the loaf cool in the pan for 5 minutes, then transfer it to a wire rack to cool completely before slicing.

**Nutrition (per serving):** Calories: 140 kcal, Protein: 3.5g, Carbohydrates: 22g, Fiber: 1.2g, Fat: 4.2g, Sugars: 2.5g, Saturated Fat: 0.6 g, Cholesterol: 0 mg, Sodium: 200 mg, Potassium: 70 mg.

**Notes:** For extra crunch, sprinkle coarse sea salt or cornmeal before baking.

## German Dark and Tangy Vollkornbrot Bread

*Preparation and Baking Time: 3 hours 30 minutes | Yield: 12 slices (1 loaf)*

### Ingredients:

2 cups rye flour  
1 ½ cups whole wheat flour  
½ cup old-fashioned rolled oats  
3 tbsp wheat bran  
2 tbsp caraway seeds  
1 ½ tsp salt  
1 cup warm water (110°F/43°C)  
½ cup buttermilk or kefir  
2 tbsp molasses  
1 tbsp apple cider vinegar  
Yeast Mixture:  
1 ½ tsp active dry yeast  
1 tsp sugar  
3 tbsp warm water

### Directions:

Prepare Yeast Mixture: Mix 1 tsp of sugar in a small bowl with 3 tbsp of warm water (110°F/43°C) until dissolved. Sprinkle the ½ tsp active dry yeast on top and let it bloom for 5-7 minutes until frothy. Add Ingredients to the Bread Machine: Pour the wet ingredients (water, buttermilk, molasses, apple cider vinegar) into the bread pan. Add the dry ingredients (rye flour, whole wheat flour, rolled oats, wheat bran, caraway seeds, and salt) on top. Please make a slight indentation in the dry ingredients and add the activated yeast mixture. Select Settings: “Whole Grain” or “Whole Wheat” program. Crust Color: Dark. Start the machine. The program should take about 3-4 hours. Optional Toppings: If your machine allows, pause it after the final kneading cycle. Sprinkle 2 tbsp sunflower seeds or 1 tbsp coarse sea salt on top for added texture and flavor. After the baking cycle, let the bread cool in the pan for 5 minutes. Transfer the loaf to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** Calories: 150 kcal, Protein: 5g, Carbohydrates: 28g, Fiber: 5g, Fat: 5g, Cholesterol: 2 mg, Sodium: 230 mg, Potassium: 150 mg.

**Notes:** High fiber and whole grains make it a healthy, hearty bread.

## Japanese Milk Bread (Shokupan)

*Total Time: Approximately 4 hours | Yield: 12 slices*

### Ingredients:

Tangzhong (Water Roux):  
3 tbsp bread flour  
½ cup whole milk  
Main Dough:  
3 cups bread flour  
2 tbsp sugar  
1 tsp salt  
2 tsp instant yeast  
½ cup whole milk (room temperature)  
¼ cup heavy cream  
1 large egg (room temperature)  
3 tbsp unsalted butter (softened)

### Directions:

Prepare the Tangzhong: Whisk bread flour with milk over medium heat until thickening. Cool to room temperature. Assemble the Ingredients: Pour the cooled Tangzhong into the bread pan. Add the remaining wet ingredients: whole milk, heavy cream, and the beaten egg. Add the sugar and salt into separate corners of the pan. Add the Dry Ingredients: Spread the bread flour evenly over the wet ingredients to form a layer. Make a small well in the center of the flour and add the yeast. Start the Bread Machine: “Sweet Bread” or “Basic White Bread”. Crust color: Medium. Begin the cycle. After the first kneading cycle starts, gradually add the softened butter, allowing it to incorporate fully into the dough. Baking and Cooling: Remove the bread pan with oven mitts, cool (10 minutes), then transfer and cool completely before slicing.

**Nutrition (per serving):** Calories: 180 kcal, Protein: 5g, Carbohydrates: 26g, Fiber: 1g, Fat: 6g, Cholesterol: 35 mg, Sodium: 140 mg, Potassium: 70 mg.

**Notes:** Enjoy this light, airy loaf as a sandwich base or toasted with butter and jam!

# Indian Naan Bread

*Bread machine cycle: 1.5-2 hours | Yield: 8 Naan Breads*

## Ingredients:

3/4 cup water (warmed to 110°F/43°C)  
1/4 cup yogurt (plain)  
1/4 cup milk (room temperature)  
1/4 cup butter (melted)  
1 large egg  
3 cups bread flour  
1 tbsp sugar  
1 tsp salt  
1 tsp baking powder  
2 tsp yeast (active dry)

## Directions:

Add Ingredients to the Bread Machine. Add the Wet Ingredients: Warm water, yogurt, milk, melted butter, and egg. Follow with the dry ingredients: Bread flour, sugar, salt, and baking powder. Please make a small well in the dry ingredients and add the yeast (ensure it does not touch the liquid).

Select the Bread Machine Settings: Dough Cycle. Opt for the Medium Crust or No Crust setting as you cook the naan on a stovetop or grill. Start the cycle. Check the Dough Consistency: During the kneading phase, check the Dough after 5-10 minutes.

Shape the Naan: Remove the Dough from the bread machine once the dough cycle finishes. Then divide into 8 parts and roll into a ball.

Flour a surface to roll out into 6-inch balls. Cook the Naan: On a stovetop or a grill, cook each naan for 2-3 minutes per side until golden brown spots appear. Topping: Brush the cooked naan with melted butter or ghee for extra flavor. Garnish with chopped cilantro if desired.

**Nutrition (Per Slice):** Calories: 180 kcal, Protein: 5g, Carbohydrates: 30g, Fiber: 1g, Fat: 4g, Cholesterol: 30 mg, Sodium: 250 mg, Potassium: 90 mg.

**Notes:** Serve the naan warm alongside your favorite curry, dips, or grilled meats.

# Mexican Bolillo Rolls

*Bread Machine Cycle: 1 hour 30 minutes (Dough setting) | Yield: 8 rolls*

## Ingredients:

1 cup warm water  
2 tbsp granulated sugar  
2 tsp yeast (active dry)  
3 1/4 cups bread flour  
1 1/2 tsp salt  
2 tbsp vegetable oil  
1 egg white  
1 tbsp water

## Directions:

Prepare the Bread Machine. Add Ingredients: Pour warm water into the bread pan first. Add sugar and yeast, letting it sit for 5 minutes to activate. Layer the bread flour over the liquid, ensuring it covers the yeast entirely. Add salt and vegetable oil on top of the flour.

Select Settings: Set the bread machine to the Dough cycle. Start the machine. When the cycle ends, place the dough on a floured surface, divide it into 8 pieces, and shape it into oval rolls with tapered ends. Arrange them on a parchment-lined or greased baking sheet.

Drape a damp towel or plastic wrap lightly over the rolls. Let them rise in a warm place for 30-40 minutes until puffy.

Preheat the oven to 400°F (200°C). Brush rolls with egg wash, score lengthwise, and bake for 18-22 minutes until golden. Cool for 10 minutes before serving.

**Nutrition (per serving):** Calories: 200 kcal, Protein: 6g, Carbohydrates: 37g, Fiber: 1g, Fat: 3g, Cholesterol: 0 mg, Sodium: 350 mg, Potassium: 50 mg.

**Notes:** These light, crusty rolls are ideal for a variety of uses, from sandwiches to a perfect table bread.

## Turkish Simit (Sesame Bread Rings)

*Bread Machine Cycle: 1 hour 30 minutes | Yield: 8 simit rings*

### Ingredients:

2 <sup>3</sup>/<sub>4</sub> cups bread flour  
1/2 cup whole wheat flour  
1 tsp salt  
1 tbsp granulated sugar  
2 <sup>1</sup>/<sub>4</sub> tsp instant yeast  
<sup>3</sup>/<sub>4</sub> cup warm water (110°F/43°C)  
1/4 cup milk  
3 tbsp olive oil  
*Coating:*  
1/2 cup grape molasses  
1/2 cup water  
1 cup sesame seeds (lightly toasted)

### Directions:

Prepare the Dough: First, add the liquid ingredients (water, milk, and olive oil) to the bread machine pan. Then, add the dry ingredients: bread flour, whole wheat flour, salt, and sugar. Make a small well in the center and add the instant yeast.  
Select the Dough cycle on your bread machine and press start.  
Shape the Simit Rings: Once the dough cycle is complete, transfer the dough to a lightly floured surface. Split the dough into 8 portions. Shape each into a thin rope approximately 16 inches (40 cm) in length. Form a ring by twisting two ropes together and sealing the ends firmly.  
Coat the Simit: In a shallow bowl, mix grape molasses and water. Dip each ring into the molasses mixture, ensuring it is fully coated. Roll the ring in sesame seeds until completely covered.  
Second Rise: Arrange coated rings on a parchment-lined sheet, cover, and rise for 20-30 minutes. Bake at 400°F (200°C) for 20-25 minutes until golden. Cool on a rack for 5 minutes.

**Nutrition (Per Slice):** Calories: 235 kcal, Protein: 6g, Carbohydrates: 35g, Fiber: 3g, Fat: 7g, Cholesterol: 2mg, Sodium: 270 mg, Potassium: 95 mg.

**Notes:** Simit pairs perfectly with Turkish tea, cheese, and olives for a traditional breakfast.

## Greek Olive and Herb Bread

*Bread Machine Cycle: 3 hours (Basic cycle) | Yield: 10 slices*

### Ingredients:

3 cups bread flour  
1 tsp salt  
1 tsp sugar  
1 tsp dried oregano  
1 tsp dried thyme  
1 tsp dried rosemary, crushed  
2 <sup>1</sup>/<sub>4</sub> tsp instant yeast  
<sup>3</sup>/<sub>4</sub> cup warm water (110°F/43°C)  
1/4 cup olive oil  
1/2 cup pitted Kalamata olives  
1/4 cup sun-dried tomatoes

### Directions:

Prepare the Bread Machine: First, add the wet ingredients (water and olive oil) to the bread machine pan. Then, add the dry ingredients: bread flour, salt, sugar, oregano, thyme, and rosemary. Make a small well in the flour and add the yeast.  
Start the Bread Machine: Select your bread machine Basic cycle (medium crust color) and press start. When the machine signals for additional ingredients (usually during the kneading phase), add chopped olives and sun-dried tomatoes. Let the machine complete the cycle, which includes kneading, rising, and baking.  
Cool the Bread: Once the baking cycle is complete, use oven mitts to remove the bread pan. Let the bread cool in the pan for 10 minutes before transferring it to a wire rack. Cool completely before slicing.

**Nutrition (per serving):** Calories: 190 kcal, Protein: 5g, Carbohydrates: 27g, Fiber: 2g, Fat: 7g, Cholesterol: 0 mg, Sodium: 270 mg, Potassium: 85 mg.

**Notes:** Pair with feta cheese, tzatziki, or hummus for a Mediterranean platter.

## Balkan-Style Flatbread with Cracklings

*Bread Machine Cycle: 1 hour 30 minutes (Dough cycle) | Yield: 8 servings*

### Ingredients:

3 cups bread flour  
1 tsp salt  
1 tsp sugar  
1 tsp yeast (instant)  
1 cup water (warmed to 110°F/43°C)  
3 tbsp vegetable oil

### Crackling Filling:

1 cup pork cracklings  
1 tsp paprika  
1 tbsp melted butter

### Topping:

1 tbsp olive oil  
1 tsp sesame seeds

### Directions:

Prepare the Bread Machine. Add the wet ingredients (warm water and vegetable oil) to the bread machine pan. Add the dry ingredients: bread flour, salt, sugar, and yeast.

Start the Dough cycle and let it run. Once complete, transfer the dough to a floured surface, roll it into a 12x16-inch rectangle, spread cracklings evenly, sprinkle with paprika (if desired), fold like a letter, and knead gently to distribute. Roll the dough into a round shape, about ½ inch thick. Put the dough on a baking sheet (before covering it with parchment). Drape a damp towel loosely over it and let it rise warmly for 20-30 minutes. Please turn on the oven and preheat it to 425°F (220°C). Brush the dough with olive oil. You can also sprinkle with sesame seeds (optional). Bake for 20-25 minutes until golden brown and crusty. Allow the flatbread to cool on a wire rack for 10 minutes before slicing.

**Nutrition (Per Slice):** *Calories: 220 kcal, Protein: 6g, Carbohydrates: 25g, Fiber: 1g, Fat: 10g, Cholesterol: 12mg, Sodium: 210 mg, Potassium: 85 mg.*

**Notes:** *Serve alongside soups or stews for a hearty meal.*

## Swedish Limpa (Spiced Orange Rye)

*Bread Machine Cycle: 3 hours (Basic or Whole Wheat setting) | Yield: 12 slices*

### Ingredients:

1 cup warm water (110°F/43°C)  
3 tbsp molasses  
2 tbsp unsalted butter  
1 ½ cups bread flour  
1 cup rye flour  
1 tsp salt  
1 tbsp brown sugar  
1 tsp ground cinnamon  
½ tsp ground cardamom  
½ tsp ground anise  
1 tbsp orange zest  
2 tsp active dry yeast  
1 tbsp melted butter  
1 tsp caraway seeds

### Directions:

Prepare the Bread Machine. Add the Wet ingredients in the following order: water, molasses, and butter. Add the dry ingredients, layering them as follows: bread flour, rye flour, salt, brown sugar, cinnamon, cardamom, anise (if using), and orange zest. Please make a small well in the flour and pour the active dry yeast, ensuring it does not touch the wet ingredients.

Select the Setting: Choose your bread machine Basic or Whole Wheat cycle. Select a medium crust color and press start. Once the baking cycle is complete, carefully remove the bread pan using oven mitts. Let the bread cool in the pan (10 mins), then transfer it. Brush with butter (melted) and sprinkle with caraway seeds (optional). Slice the cooled bread and serve with butter, cheese, or jam.

**Nutrition (per serving):** *Calories: 160 kcal, Protein: 4g, Carbohydrates: 29g, Fiber: 2g, Fat: 3g, Cholesterol: 7 mg, Sodium: 170 mg, Potassium: 95 mg.*

**Notes:** *Serve with a dollop of cream cheese and marmalade for a traditional Swedish treat.*

## Portuguese Sweet Bread (*Pão Doce*)

Preparation (*Bread Machine Cycle*): 3 hours | Yield: 8 slices

### Ingredients:

3/4 cup warm whole milk  
(110°F/43°C)  
1/4 cup unsalted butter, melted  
1/4 cup granulated sugar  
2 large eggs, lightly beaten  
1 tsp vanilla extract  
3 cups bread flour  
1/2 tsp salt  
2 1/4 tsp active dry yeast  
1 egg yolk + 1 tbsp water  
1 tbsp coarse sugar (for sprinkling)

### Directions:

Prepare the Bread Machine. Unless your bread machine specifies otherwise, add the ingredients in the following order: Pour the warm milk, melted butter, sugar, eggs, and vanilla extract into the bread pan. Add the bread flour and salt. Make a small well in the center of the dry ingredients and add the yeast. Select the Setting: Sweet Bread or Basic Bread. Set the crust color: Light or Medium. During the kneading cycle, check the dough after 5-10 minutes. It should form a smooth, elastic ball. Add one tbsp of flour at a time if it is too sticky. If it is too dry, add one tsp of milk. Apply the Egg Wash: If your bread machine pauses before baking, brush the top with the egg wash and sprinkle with coarse sugar for a golden, glossy crust. Once the baking cycle is complete, carefully remove the bread pan using oven mitts. Let the bread cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** Calories: 210 kcal, Protein: 6g, Carbohydrates: 34g, Fiber: 1g, Fat: 6g, Cholesterol: 45mg, Sodium: 150 mg, Potassium: 60 mg.

**Notes:** Enjoy your freshly baked Portuguese Sweet Bread with butter, jam, or even toasted with a drizzle of honey!

## Moroccan Khobz Bread

Preparation (*Bread Machine Cycle*): 2 hours 50 minutes | Yield: 12 slices

### Ingredients:

1 cup warm water (110°F/43°C)  
1 tbsp olive oil  
2 1/2 cups all-purpose flour  
1/2 cup semolina flour  
1 1/2 tsp salt  
1 tbsp granulated sugar  
2 tsp active dry yeast

### Optional Topping:

1 tbsp olive oil  
1 tbsp sesame seeds

### Directions:

Prepare the Bread Machine. Add the ingredients: Pour the warm water and olive oil into the pan. Add the all-purpose flour, semolina flour, salt, and sugar. Make a small well in the center of the dry ingredients and add the yeast. Select the Setting: Basic Bread or French Bread. Choose the crust color: Medium or Light. Select a 1.5-pound loaf size. If you want to bake the bread entirely in the machine, let the cycle complete and skip to cooling instructions. To bake in the oven, remove the dough after the cycle ends and shape it into a loaf. Place on a parchment-lined sheet or greased pan. Brush the top with one tbsp of oil (olive) and one tbsp sprinkled with sesame seeds. Let rise for 20-30 minutes. Bake at 425°F (220°C) for 20-25 minutes until golden. Cool for 10 minutes, then transfer to a rack to cool fully before slicing.

**Nutrition (per serving):** Calories: 145 kcal, Protein: 4g, Carbohydrates: 26g, Fiber: 1g, Fat: 2g, Cholesterol: 0mg, Sodium: 230 mg, Potassium: 35 mg.

**Notes:** Serve with olive oil and honey or alongside a hearty tagine for an authentic dining experience!

## Irish Brown Soda Bread

*Total Time: ~2 hours | Yield: 10 slices*

### Ingredients:

1 cup buttermilk  
1 large egg, beaten  
1 1/4 cups whole wheat flour  
1 1/4 cups all-purpose flour  
1/2 cup rolled oats  
2 tbsp granulated sugar  
1 tsp baking soda  
1 tsp baking powder  
1 tsp salt  
1/4 cup raisins or currants  
1 tbsp sunflower seeds or caraway seeds

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Pan: Pour the buttermilk and beaten egg into the bread pan. Add the whole wheat flour, all-purpose flour, rolled oats, sugar (granulated), baking soda, baking powder, and salt. If using raisins, currants, or seeds, add them at this stage.

Select the Setting: Choose the Quick Bread or Cake setting on your bread machine. Set the crust color to Light or Medium based on your preference. Confirm the 1.5-pound loaf size.

Baking and Cooling: Once the cycle is complete, use oven mitts to remove the bread pan. Let the bread rest in the pan (5-10 min).

Transfer the bread to cool completely before slicing.

**Nutrition (Per Slice):** *Calories: 150 kcal, Protein: 5g, Carbohydrates: 26g, Fiber: 3g, Fat: 3g, Cholesterol: 20mg, Sodium: 300 mg, Potassium: 110 mg.*

**Notes:** *This Irish Brown Soda Bread pairs wonderfully with butter, jam, or a bowl of hearty soup.*

## Lebanese Za'atar Flatbread

*Preparation (Bread Machine Cycle): 1 hour 40 minutes | Yield: 4 large flatbreads*

### Ingredients:

1 cup warm water (100-110°F)  
1 tbsp olive oil  
2 cups all-purpose flour  
1 cup whole wheat flour  
1 tsp salt  
1 tsp sugar  
2 tsp active dry yeast  
Za'atar Topping:  
1/4 cup olive oil  
3 tbsp za'atar spice blend  
1 tbsp sesame seeds

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Pan: Pour warm water and olive oil into the bread pan. Add the flour, salt, and sugar, ensuring the salt and sugar are on opposite sides of the pan. Please make a small well in the dry ingredients and sprinkle the yeast. Choose the Dough Cycle: Set the machine to the Dough cycle. Turn on and preheat the oven (to 475°F/245°C) and prepare a baking sheet with parchment paper or heat a pizza stone. When the cycle ends, place the dough on a floured surface, divide it into 4 pieces, and roll each into a 1/4-inch-thick round or oval.

Add the Za'atar Topping: Combine olive oil and za'atar in a small bowl to make a paste. Spread the mixture evenly over each flatbread, adding sesame seeds if you like. Transfer the flatbreads to the prepared baking sheet or hot pizza stone. Bake until golden and slightly puffed (8-10 minutes). Allow to cool briefly before serving. Enjoy warm or at room temperature!

**Nutrition (per serving):** *Calories: 290 kcal, Protein: 7g, Carbohydrates: 35g, Fiber: 4g, Fat: 13g, Cholesterol: 0mg, Sodium: 320 mg, Potassium: 100 mg.*

**Notes:** *Perfect as a side dish, base for wraps, or standalone snack.*

## Finnish Pulla (Cardamom Bread)

*Total Time: ~3 hours 30 minutes | Yield: 12 slices*

### Ingredients:

3/4 cup warm milk (100-110°F)  
1/4 cup unsalted butter, melted  
1 large egg, lightly beaten  
1/3 cup granulated sugar  
3 cups bread flour  
1 1/2 tsp ground cardamom  
1/2 tsp salt  
2 1/4 tsp active dry yeast

### Topping:

1 large egg, lightly beaten  
1/2 cup pearl sugar or coarse sugar

### Directions:

Prepare the Bread Machine. Add Ingredients: Pour the warm milk, melted butter, and beaten egg into the bread pan. Add the sugar, bread flour, cardamom, and salt, ensuring the salt and sugar are on opposite sides. Create a small well in the center of the flour and add the yeast. Select the Setting: "Sweet Bread". Select Light or Medium crust color. Start the Cycle.

Shape the Dough: Transfer to a floured surface after the first rise. Divide into three ropes, braid, and tuck the ends. Set on a parchment-lined baking sheet, cover loosely, and allow to rise (30-45 min).

Add the Topping: Glaze the loaf with the beaten egg and sprinkle a tbsp of pearl sugar.

Oven Baking: Preheat to 375°F (190°C) and bake for 25-30 minutes until golden brown.

If using the machine to bake: Let the cycle complete and skip shaping. Transfer the pulla to a wire rack to cool completely before slicing.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 4g, Carbohydrates: 27g, Fiber: 1g, Fat: 6g, Cholesterol: 35mg, Sodium: 100 mg, Potassium: 50 mg.*

**Notes:** *It is a slightly sweet, soft bread infused with fragrant cardamom, traditionally enjoyed with coffee or tea.*

## Brazilian Cheese Bread (Pão de Queijo)

*Total Time: ~35 minutes | Yield: 12 rolls*

### Ingredients:

1 cup whole milk  
1/4 cup vegetable oil  
1 tsp salt  
1 1/2 cups tapioca flour  
1 large egg  
1 cup grated Parmesan cheese  
1/2 cup shredded mozzarella cheese

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Pan: Pour the milk and vegetable oil into the bread pan. Add the salt and tapioca flour. Crack the egg into the pan. Top with Parmesan and Mozzarella cheese.

Select the Setting: Use the Dough cycle (if available), as this will mix and knead the dough. Start the Machine. While the machine works, preheat your oven to 375°F (190°C). Transfer dough from the machine once the cycle ends. Lightly oil your hands to handle the sticky dough. Roll the dough into 12 golf ball-sized pieces and place them on the prepared baking sheet (lined with parchment paper). Bake in the oven for 20-25 minutes until the buns are puffed and golden. Let the rolls cool before serving; they're best savored warm.

**Nutrition (per serving):** *Calories: 120 kcal, Protein: 4g, Carbohydrates: 14g, Fiber: 0g, Fat: 6g, Cholesterol: 20mg, Sodium: 140 mg, Potassium: 30 mg.*

**Notes:** *For unique flavors, experiment with different cheeses, like cheddar or Gruyère.*

## Egyptian Flatbread (Aish Baladi)

*Preparation (Bread Machine Cycle): 90 minutes | Yield: 8 flatbreads*

### Ingredients:

1 cup warm water (100-110°F or 37-43°C)

1 1/2 tsp active dry yeast

1 tsp sugar

2 cups whole wheat flour

1 cup all-purpose flour

1 tsp salt

1 tbsp olive oil

*For Dusting:*

1/4 cup wheat bran or additional whole wheat flour

### Directions:

Mix the warm water, yeast, and sugar in a small bowl. Let it sit until it becomes frothy (5-10 minutes).

Prepare the Bread Machine: Pour the activated yeast mixture into the pan. Add Ingredients: Add the olive oil. Sprinkle the whole wheat flour, all-purpose flour, and salt over the liquid.

Select the Setting: Use the Dough cycle. Let the Machine Work. Once the dough cycle is complete, lightly sprinkle your work surface with wheat bran or whole wheat flour.

Divide dough into 8 balls. Flatten to 6-inch circles, and rest for 15 minutes under the towel. Preheat a skillet over medium-high heat. Place a dough round into the skillet and cook for 1-2 minutes, until bubbles form. Flip and cook for another 1-2 minutes, until puffed and golden-brown spots appear. Repeat with the remaining dough rounds. Transfer cooked flatbreads to a wire rack to cool slightly. Serve warm or at room temperature.

**Nutrition (Per Slice):** *Calories: 150 kcal, Protein: 4g, Carbohydrates: 28g, Fiber: 4g, Fat: 3g, Cholesterol: 0mg, Sodium: 150 mg, Potassium: 100 mg.*

**Notes:** *This flatbread is soft and hearty, perfect for scooping up dips or serving alongside traditional meals.*

## Ethiopian Honeycomb Bread (Ambasha)

*Preparation (Bread Machine Cycle): 90 minutes | Yield: 8 servings*

### Ingredients:

3/4 cup warm milk (100-110°F)

2 tsp active dry yeast

1 tbsp sugar

3 cups all-purpose flour

1/2 tsp ground cinnamon

1/4 tsp ground cardamom

1/4 tsp salt

3 tbsp honey

2 tbsp olive oil

1 egg

1 tbsp milk

1 tbsp honey

### Directions:

Mix the warm water, yeast, and sugar in a small bowl. Let it sit until it becomes frothy (5-10 minutes).

Prepare the Bread Machine: Pour the activated yeast mixture into the pan. Add Ingredients to the Bread Machine: Add the honey and olive oil to the liquid in the pan. Crack the egg into the pan. Add the flour, cinnamon, cardamom, and salt.

Select the Setting: Choose the Dough cycle. Let the Machine Work. Transfer the dough to a floured surface. Shape into a 1-inch-thick disk on parchment or a greased pan. Using a sharp knife, create shallow cuts on the surface in a honeycomb or geometric pattern. Rest for 15 min under the towel. Brush with honey milk and add 1 tbsp sesame seeds. Bake for 20-25 minutes at 350°F. Cool, slice, and serve warm.

**Nutrition (per serving):** *Calories: 210 kcal, Protein: 5g, Carbohydrates: 35g, Fiber: 1g, Fat: 5g, Cholesterol: 25mg, Sodium: 100 mg, Potassium: 65mg.*

**Notes:** *This bread is a slightly sweet and spiced flatbread often enjoyed during celebrations or as a snack with tea or coffee.*

## Israeli Challah Bread

*Preparation (Bread Machine Cycle): 90 minutes | Yield: 12 servings*

### Ingredients:

3/4 cup warm water (100-110°F)  
2 tsp active dry yeast  
1/4 cup honey  
3 large eggs (2 for the dough, 1 for the egg wash)  
1/4 cup vegetable oil  
4 cups bread flour  
1 1/2 tsp salt  
*For the Egg Wash:*  
1 large egg  
1 tbsp water  
*Optional Toppings:*  
Sesame seeds or poppy seeds

### Directions:

Mix the warm water, yeast, and honey in a small bowl. Let it sit until it becomes frothy (5-10 minutes).  
Prepare the Bread Machine: Add the activated yeast mixture to the pan.  
Add Ingredients in Order: Add the remaining honey, eggs, and vegetable oil to the bread pan. Add the flour, making sure to cover the wet ingredients. Sprinkle the salt over the top of the flour.  
Set to Dough cycle. Divide into 3 strands, braid, and pinch ends. Place on a parchment-lined sheet, cover, and rise for 1 hour. Whisk together the egg and water to create the egg wash. Gently brush the egg, wash over the braided loaf, and sprinkle with sesame or poppy seeds.  
Bake for 25-30 minutes at 350°F until the bread is golden brown and sounds hollow when tapped on the bottom. Allow the bread to cool on a wire rack before slicing. Serve plain, with butter, or as part of a festive meal.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 5g, Carbohydrates: 29g, Fiber: 1g, Fat: 4g, Cholesterol: 45mg, Sodium: 150 mg, Potassium: 40 mg.*

**Notes:** *Challah is a traditional braided bread enjoyed in Jewish households, particularly during Shabbat and holidays.*

## Cuban Pan Cubano (Cuban Sandwich Bread)

*Total Time: Approximately 3 hours | Yield: 12 slices*

### Ingredients:

Warm water: 1 1/2 cups  
Olive oil: 2 tbsp  
Sugar: 1 tbsp  
Salt: 1 1/2 tsp  
Bread flour: 4 cups  
Active dry yeast: 2 1/4 tsp  
Lemon juice: 1 tbsp  
White vinegar: 1 tsp  
Egg: 1 (for golden top crust)  
Cornmeal: 1 tbsp

### Directions:

Prepare the ingredients: First, add liquid ingredients: water, oil, lemon juice, vinegar, and dry ingredients. Second, add flour, sugar, and salt. Make a little well in the dry ingredients and add the yeast last, ensuring it doesn't come into contact with the salt or liquid at this stage.  
Set to "Basic" or "White Bread" and "Medium" crust. Press Start.  
Place the dough on a floured surface, deflate it gently, and form an 8-10-inch loaf. Place on a parchment-lined sheet (optional: dust with cornmeal). Cover loosely and let rise for 30-45 minutes until puffy.  
If desired, brush the top of the loaf with a lightly beaten egg for a golden finish. Place the loaf in the oven and bake for 25-30 minutes at 375°F (190°C). Remove the loaf from the oven and let it cool for 10 minutes before transferring it to a wire rack to cool completely.  
Slice and enjoy!

**Nutrition (per serving):** *Calories: 150 kcal, Protein: 4g, Carbohydrates: 27g, Fiber: 1g, Fat: 3g, Cholesterol: 5mg, Sodium: 240 mg, Potassium: 60 mg.*

**Notes:** *Pan Cubano is a soft, slightly sweet bread with a thin, crisp crust – perfect for Cuban sandwiches.*

## SWEET BREAD IN FAMOUS MOVIE OR SERIAL

### Stollen from the Greenhouse of Narnia

*Bread Machine Cycle Time: ~3 hours | Yield: 12-14 slices*

#### Ingredients:

3/4 cup milk, lukewarm  
1/3 cup unsalted butter, softened  
1 large egg  
1/4 cup granulated sugar  
1/2 tsp salt  
3 cups bread flour  
2 tsp active dry yeast  
*Mix-ins:* 1/2 cup golden raisins  
1/4 cup dried cranberries  
1/4 cup candied citrus peel  
1/4 cup almonds or walnuts  
1/4 tsp ground cardamom  
*Filling:* 1/3 cup marzipan  
*Topping:* 2 tbsp melted butter  
1/4 cup powdered sugar

#### Directions:

Prepare the Bread Machine. Add Ingredients: Layer the ingredients in the bread machine pan in this order: Wet Ingredients: Milk, butter, egg. Dry Ingredients: Sugar, salt, bread flour, and cardamom. Yeast: Create a small well in the flour and add the yeast. Mix-in dispenser: add raisins, cranberries, citrus peel (orange or lemon), and nuts (chopped). If not, add them manually when the machine beeps for mix-ins. Set the Bread Machine: Dough cycle and press start. Once the dough cycle is complete, transfer the dough to a lightly floured surface. Gently punch it down and roll it into a rectangle (about 10x12 inches). Place the marzipan rolled into a log in the center of the rectangle. Fold the dough over the marzipan, seal the edges, shaping it into a loaf. Place dough on parchment, cover, and let rise for 30-45 minutes. Bake at 350°F (175°C) for 30-35 minutes, or until the Stollen is golden brown and sounds hollow when tapped. While the Stollen is still warm, brush it with melted butter and dust it generously with powdered sugar. Let it cool completely.

**Nutrition (per serving):** *Calories: 190 kcal, Protein: 4g, Carbohydrates: 28g, Sugars: 10 g, Fiber: 1g, Fat: 6g, Cholesterol: 20mg, Sodium: 90 mg, Potassium: 90 mg.*

**Notes:** *This Stollen blends tradition and fantasy, bringing magic to your table with every bite!*

### Monica's Chocolate Bread (Friends)

*Bread Machine Cycle Time: ~3 hours | Yield: 8-10 slices*

#### Ingredients:

1/2 cup milk, lukewarm  
1/4 cup water, lukewarm  
1/4 cup unsalted butter, melted  
2 large eggs, lightly beaten  
2 3/4 cups bread flour  
1/3 cup cocoa powder  
1/2 cup granulated sugar  
1 tsp salt  
2 1/4 tsp active dry yeast  
*Mix-Ins:* 1/2 cup chocolate chips  
1/4 cup chopped nuts

#### Directions:

Prepare the Bread Machine. Add Ingredients: Layer ingredients in the bread machine pan in this order. Wet ingredients: Add milk, water, melted butter, and beaten eggs. Dry ingredients: Layer flour, cocoa powder, sugar, and salt over the liquids. Make a small well in the dry ingredients and add the yeast. Select the Sweet Bread or Basic Bread cycle. Choose a 1.5 lb (medium loaf) setting. Set the crust preference to Light or Medium. Add Mix-Ins: When your bread machine beeps for additional ingredients (during the kneading stage), add the chocolate chips (semi-sweet) and nuts (walnuts or almonds). Once the cycle completes, carefully remove the bread from the pan and transfer it to a wire rack. Let it cool for at least 10 minutes before slicing.

**Nutrition (per serving):** *Calories: 240 kcal, Protein: 6g, Carbohydrates: 36g, Sugars: 16 g, Fiber: 3g, Fat: 9g, Cholesterol: 45mg, Sodium: 210 mg, Potassium: 180 mg.*

**Notes:** *Drizzle melted chocolate or dust powdered sugar over the cooled loaf for an extra touch.*

## Christmas Gingerbread Bread *from the McCallister House (Home Alone)*

*Bread Machine Cycle: ~2 hours 50 minutes | Yield: 10 slices*

### **Ingredients:**

1/2 cup milk, lukewarm  
1/4 cup molasses  
1/4 cup unsalted butter, melted  
1 large egg  
2 cups all-purpose or bread flour  
1/3 cup brown sugar  
1 tsp ground ginger  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground cloves  
1/2 tsp salt  
1 1/4 tsp yeast (active dry)

### **Directions:**

Prepare the Bread Machine. Load Ingredients: Add the following to the bread pan: Wet ingredients: Add milk, molasses, melted butter, and egg. Dry ingredients: Layer the flour evenly over the liquids. Sprinkle in brown sugar, spices, and salt. Make a small well in the center of the dry ingredients and add the yeast.

Set the Machine to “Sweet Bread” or “Basic Bread.” Crust Color: Medium. Select a 1 lb size and press start. When the cycle is complete, remove the bread from the pan and transfer it to a wire rack. Allow it to cool completely.

Prepare the Icing: Mix 1/2 cup powdered sugar with 2-3 tsp milk or heavy in a bowl, one tsp at a time, until a thick yet pourable consistency forms. Add 1/4 tsp vanilla extract if desired. Drizzle the icing over the cooled bread in zigzag patterns or spread it for full coverage.

**Nutrition (per serving):** *Calories: 170 kcal, Protein: 3g, Carbohydrates: 30g, Sugars: 12 g, Fiber: 1g, Fat: 5g, Cholesterol: 25mg, Sodium: 150 mg, Potassium: 140 mg.*

**Notes:** *Serve this delightful gingerbread with a hot cocoa or coffee mug for the perfect holiday treat!*

## Downton Abbey Christmas Plum Bread

*Total Time: ~3 hours 15 minutes | Yield: 12 slices*

### **Ingredients:**

3/4 cup whole milk, lukewarm  
1/4 cup unsalted butter, softened  
2 large eggs  
1/3 cup packed light brown sugar  
1/2 tsp salt  
3 cups bread flour  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground cloves  
2 tsp active dry yeast  
1/2 cup chopped dried plums  
1/4 cup golden raisins  
1/4 cup dried currants  
1/4 cup candied orange peel

### **Directions:**

Prepare the Bread Machine. Layer the Ingredients: Wet Ingredients: milk, butter, eggs – dry Ingredients: brown sugar, salt, bread flour, cinnamon, nutmeg, and cloves. Create a small well in the center of the dry ingredients and add the yeast. Add the dried plums (prunes), raisins, currants, and orange peel (chopped) to the mix-in dispenser if your machine has one.

Select the Settings: Basic/White Bread cycle. Crust Color: Medium. Press Start.

Optional Glaze: While the bread bakes, whisk 1/2 cup powdered sugar, 1-2 tbsp milk, and 1/4 tsp vanilla extract in a small bowl until smooth.

When the bread cycle ends, carefully remove and set the loaf to cool (10-15 min). Once the loaf has cooled, brush the glaze over it. Once the glaze has hardened, you can cut it.

**Nutrition (per serving):** *Calories: 210 kcal, Protein: 4g, Carbohydrates: 34g, Sugars: 12 g, Fiber: 2g, Fat: 6g, Cholesterol: 40mg, Sodium: 130 mg, Potassium: 150 mg.*

**Notes:** *Enjoy a Downton Abbey-inspired treat with clotted cream or a smear of orange marmalade.*

## Lembas Bread (*Lord of the Rings*)

*Bread Machine Cycle Time: ~2 hours | Yield: 8 portions*

### Ingredients:

1/2 cup whole milk, warmed  
1/4 cup honey  
1/4 cup unsalted butter, softened  
1 large egg  
2 1/2 cups bread flour  
1/4 cup whole wheat flour  
1 tsp baking powder  
1/4 tsp salt  
1/2 tsp cinnamon

### Optional Topping:

1 tbsp melted butter (for brushing after baking)

### Directions:

Prepare the Dough: Add Ingredients to the Bread Machine. Liquids first: Pour milk, honey, and softened butter into the bread pan. Add the egg. Dry ingredients: Add the bread flour, whole wheat flour, baking powder, salt, and cinnamon.

Select Settings: Dough Cycle. Once the Dough Cycle is complete, transfer the dough onto a lightly floured surface. Divide the dough into 8 equal portions. Shape each portion into a square or oval about 1/2 inch thick, ensuring the pieces are uniform for even baking. Score a leaf or grid pattern on top of each dough piece. Arrange on a parchment-lined baking sheet, cover with a damp towel, and let rise until puffed (about 20-30 minutes). Bake at 375°F (190°C) for 15-20 minutes, then take out the bread and brush the top with melted butter. Let the bread cool before serving.

**Nutrition (per serving):** Calories: 180 kcal, Protein: 4g, Carbohydrates: 26g, Sugars: 7 g, Fiber: 1g, Fat: 6g, Cholesterol: 30mg, Sodium: 90 mg, Potassium: 50 mg.

**Notes:** Lembas bread pairs well with butter, jam, or cheese for an authentic touch.

## Coconut Almond Bread from the movie *Pie*

*Bread Machine Cycle Time: ~2.5-3 hours | Yield: 10 slices*

### Ingredients:

1 cup coconut milk  
1/4 cup unsalted butter, softened  
2 large eggs  
1/3 cup granulated sugar  
1 tsp almond extract  
3 cups bread flour  
1/3 cup shredded coconut  
1/4 cup almond flour  
1/2 tsp salt  
2 tsp instant yeast

### For the Topping:

2 tbsp sliced almonds  
1 tbsp shredded coconut  
1 tbsp honey or maple syrup

### Directions:

Prepare the Bread Machine. Add the Ingredients: First, add the liquids: coconut milk (room temperature), softened butter, eggs, and almond extract. Then, add the dry ingredients: bread flour, shredded coconut, almond flour, sugar, and salt. Make a small well in the flour and add the yeast.

Bread Type: Sweet or Basic/White Bread. Crust Color: Medium. Press Start. Check the dough after the first few minutes of kneading. If your bread machine has a "Pause" or "Add-Ins" alert, pause the cycle before the baking phase and sprinkle sliced almonds and shredded coconut on top.

For a glazed finish, brush the bread with honey or maple syrup as soon as it's out of the machine. Remove the loaf from the bread pan immediately after baking to prevent sogginess. Cool on a wire rack for at least 10 minutes before slicing.

**Nutrition (per serving):** Calories: 210 kcal, Protein: 6g, Carbohydrates: 30g, Sugars: 6 g, Fiber: 2g, Fat: 8g, Cholesterol: 40mg, Sodium: 140 mg, Potassium: 80 mg.

**Notes:** For a twist, add chocolate chips or dried fruits (like cherries or raisins) during the kneading phase.

## Sweet Blueberry Lavender Bread (*Alice in Wonderland*)

*Preparation & Bread Machine Cycle: ~3 hours | Yield: 12 slices*

### Ingredients:

2/3 cup whole milk, lukewarm  
1/4 cup water, lukewarm  
1/4 cup unsalted butter, softened  
1 large egg  
3 cups bread flour  
1/4 cup granulated sugar  
1 1/2 tsp salt  
1 tsp dried culinary lavender  
1 tsp vanilla extract  
2 1/4 tsp active dry yeast  
3/4 cup fresh blueberries  
*For the Glaze:*  
1/2 cup powdered sugar  
2-3 tsp lemon juice  
dried lavender for garnish

### Directions:

Prepare the Bread Machine. Add Ingredients: Liquids: Add milk, water, butter, egg, and vanilla extract. Dry Ingredients: Add flour, sugar, salt, and lavender (lightly crushed). Create a small well in the flour and add the yeast.  
Bread Type: Basic/White Bread. Crust Color: Medium. Loaf Size: 1.5 lb. Start the Machine.  
Add Blueberries: When the machine signals, gently add them to avoid crushing them.  
Optionally Shape and Bake Separately: Remove the dough after the kneading cycle if preferred. Transfer to a lightly floured surface, shape into a loaf, and place it on a parchment-lined baking sheet. Cover with a damp towel and let rise for 30 minutes. Next, heat the oven to 350°F (175°C) and bake (25-30 minutes). Allow the bread to cool completely. For the glaze, whisk powdered sugar with lemon juice until smooth. Drizzle over the bread and sprinkle with lavender.

**Nutrition (Per Slice):** *Calories: 170 kcal, Protein: 4g, Carbohydrates: 28g, Fiber: 1g, Fat: 6g, Cholesterol: 25mg, Sodium: 210 mg, Potassium: 55 mg.*

**Notes:** *This Bread combines the delicate floral notes of lavender with the sweetness of blueberries, creating a magical bread for a tea party in Wonderland.*

## Festive Bread with Cranberry and Orange (*Inspired by Home Alone 2*)

*Bread Machine Cycle Time: ~3 hours | Yield: 12 slices*

### Ingredients:

3/4 cup orange juice  
1/4 cup milk  
1/4 cup unsalted butter, softened  
1 large egg  
1/3 cup granulated sugar  
1 tsp orange zest  
3 cups bread flour  
1/2 tsp salt  
1 tsp ground cinnamon  
2 tsp instant yeast  
3/4 cup dried cranberries

### Directions:

Add Ingredients to the Bread Machine: First, add liquids: orange juice (room temperature), milk (room temperature), butter, and egg. Then, add dry ingredients: bread flour, sugar, salt, cinnamon, and orange zest (from about half an orange). Make a small well of flour and place the yeast inside.  
Bread Type: Sweet or Basic/White Bread. Crust Color: Medium or Light. Loaf Size: 1.5-pound loaf. Press Start.  
Add cranberries during the “Add-Ins” alert or manually after the first kneading cycle (20-30 minutes). When the baking cycle is complete, remove the bread from the pan and let it cool on a wire rack for at least 10 minutes. For the glaze: Mix 1/2 cup powdered sugar with 1 tbsp orange juice until smooth. Drizzle over the cooled bread.

**Nutrition (Per Slice):** *Calories: 190 kcal, Protein: 4g, Carbohydrates: 34g, Sugars: 10g, Fiber: 1g, Fat: 5g, Cholesterol: 25mg, Sodium: 95 mg, Potassium: 70mg.*

**Notes:** *Swap cranberries for raisins, dried cherries, or chopped dried apricots for a unique twist.*

## Milk Brioche from Bistro Paris (*Inspired by Ratatouille*)

*Preparation & Bread Machine Cycle: ~3.5 hours | Yield: 10 slices*

### Ingredients:

1/4 cup whole milk, warmed (110°F/45°C)  
2 large eggs, room temperature  
1/3 cup unsalted butter  
2 tbsp heavy cream  
1/4 cup granulated sugar  
2 3/4 cups bread flour  
1/2 tsp salt  
2 tsp instant yeast  
*For the Egg Wash:*  
1 egg yolk  
1 tbsp milk

### Directions:

Add Ingredients to the Bread Machine: First, add liquids: warm milk, eggs, heavy cream, and softened butter. Then, add dry ingredients: sugar, bread flour, and salt. Create a small well in the flour and add the yeast.  
Bread Type: Sweet Bread or Basic/White Bread. Crust Color: Light. Loaf Size: 1.5-pound loaf. Press Start.  
Select the Dough cycle. Divide the dough into 6-8 balls or braids in a greased pan. Cover with a damp towel and let rise for 30-45 minutes. If baking directly in the machine, proceed to the next step.  
Prepare Egg Wash: Mix the egg yolk and milk in a small bowl. Lightly brush the brioche with the mixture for a shiny, golden crust. Let the bread machine complete the bake cycle, or bake in the oven for 20-25 minutes at 350°F in a loaf pan. Cool and Serve: After baking, place the brioche on a wire rack to cool for at least 10 minutes. Enjoy it plain or with butter, jam, or honey for a classic Parisian touch.

**Nutrition (Per Slice):** Calories: 190 kcal, Protein: 4g, Carbohydrates: 25g, Sugars: 6g, Fiber: 1g, Fat: 8g, Cholesterol: 50mg, Sodium: 140 mg, Potassium: 50 mg.

**Notes:** This light, buttery brioche evokes the charm of Parisian cafés and the culinary finesse of Ratatouille.

## Bridget's Orange Cupcakes (*Inspired by Bridget Jones's Diary*)

*Bread Machine Cycle Time: ~1 hour | Yield: 12 cupcakes*

### Ingredients:

1/2 cup unsalted butter, softened  
3/4 cup granulated sugar  
2 large eggs, room temperature  
1/2 cup orange juice  
1 tbsp orange zest  
1 1/2 cups all-purpose flour  
1 1/2 tsp baking powder  
1/4 tsp salt  
*For the Orange Glaze:*  
1 cup powdered sugar  
2-3 tbsp orange juice

### Directions:

Prepare the Bread Machine. Layer the Ingredients: softened butter, sugar, eggs, orange juice (freshly squeezed), and orange zest. Add sifted flour, baking powder, and salt.  
Set the Program: Dough or Cake setting. Crust Color: Light. Cycle. Press Start. Preheat to 350°F (175°C) and line a 12-cup muffin tin. After mixing, pour the dough into the molds, filling them 2/3. Bake for 18-20 minutes. Check with a toothpick.  
Prepare the Glaze: Whisk powdered sugar and orange juice (freshly squeezed) until smooth. Add more juice or sugar to adjust consistency as needed. Drizzle the glaze over cooled cupcakes.

**Nutrition (Per Slice):** Calories: 230 kcal, Protein: 3g, Carbohydrates: 33g, Sugars: 22g, Fiber: 0.5g, Fat: 9g, Cholesterol: 45mg, Sodium: 75 mg, Potassium: 50mg.

**Notes:** Pair these cupcakes with tea or coffee for an indulgent afternoon treat.

## Ellie's Caramel Bread (*Inspired by The Wizard of Oz*)

*Bread Machine Cycle Time: ~3 hours | Yield: 12 slices*

### **Ingredients:**

1/2 cup warm milk (110°F/45°C)  
1/4 cup warm water  
1/4 cup caramel sauce  
2 tbsp unsalted butter, softened  
1 large egg, beaten  
3 cups bread flour  
2 tbsp granulated sugar  
1 tsp salt  
1 1/4 tsp active dry yeast  
*For the Caramel Drizzle:*  
1/4 cup caramel sauce  
2 tbsp heavy cream

### **Directions:**

Prepare Ingredients and Bread Machine. Layer Ingredients: Warm milk, warm water (110°F/45°C), caramel sauce, softened butter, and beaten egg. Bread flour, granulated sugar, and salt. Make a small well in the flour and add the yeast.

Select the Settings: Program: Basic or Sweet Bread. Crust Color: Medium. Cycle Time: Approximately 3 hours. Press Start.

Carefully remove the bread pan once the bread machine finishes the baking cycle. Let the bread cool in the pan for 5-10 minutes before turning it. Allow the loaf to cool completely.

Prepare the Optional Caramel Drizzle. In a saucepan over low heat, heat caramel sauce and heavy cream. Stir constantly until smooth.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 5g, Carbohydrates: 30g, Sugars: 6g, Fiber: 1g, Fat: 4g, Cholesterol: 25mg, Sodium: 190 mg, Potassium: 70 mg.*

**Notes:** *Ellie's Caramel Bread will whisk you to a magical land of sweet, rich flavors.*

## Peanut Brownie Bread “Joe” (*Inspired by Little Women*)

*Bread Machine Cycle: 3 hours | Yield: 10 slices*

### **Ingredients:**

3/4 cup warm milk (110°F/45°C)  
1/4 cup vegetable oil  
2 large eggs, beaten  
1 tsp vanilla extract  
2 cups bread flour  
3/4 cup cocoa powder  
1/2 cup granulated sugar  
1/4 tsp salt  
1 tsp baking powder  
1 tsp instant or active dry yeast  
1/2 cup semi-sweet chocolate chips  
1/2 cup roasted, unsalted peanuts

### **Directions:**

Prepare Ingredients and Bread Machine. Add the ingredients: Liquid ingredients: warm milk, vegetable oil, eggs, and vanilla extract. Dry ingredients: bread flour, cocoa powder (unsweetened), sugar, salt, and baking powder. Make a small well in the dry ingredients and add the yeast. Add the chocolate chips and chopped peanuts into the “Add-In” compartment if your bread machine has one.

Select the Settings. Program: Sweet Bread or Basic Bread. Crust Color: Medium or Light. Press Start. When the bread machine cycle is complete, carefully remove the pan and transfer the bread. Allow it to cool completely.

Optional Glaze: Combine 1/4 cup semi-sweet chocolate chips with 2 tbsp heavy cream in a microwave-safe bowl. Heat in 15-second bursts, stirring until smooth. Drizzle over the cooled loaf and top with 2 tbsp chopped peanuts.

**Nutrition (Per Slice):** *Calories: 250 kcal, Protein: 6g, Carbohydrates: 30g, Sugars: 12g, Fiber: 3g, Fat: 11g, Cholesterol: 35mg, Sodium: 80 mg, Potassium: 210 mg.*

**Notes:** *Swap out half the vegetable oil for peanut butter for an extra nutty flavor.*

## Raspberry Bread (*Inspired by “Game of Thrones”*)

*Bread Machine Cycle Time: ~3 hours | Yield: 10 slices*

### Ingredients:

2 large eggs  
1/2 cup milk (lukewarm)  
1/4 cup unsalted butter, melted  
1 tsp vanilla extract  
2 1/2 cups bread flour  
1/4 cup whole wheat flour  
1/3 cup granulated sugar  
1 tsp salt  
1 1/2 tsp active dry yeast  
3/4 cup fresh or frozen raspberries  
1/3 cup chopped nuts  
*Optional Glaze:*  
1/2 cup powdered sugar  
2 tbs milk  
1/2 tsp almond extract

### Directions:

Prepare the Bread Machine. Layer the Ingredients: Add the wet ingredients (eggs, milk, butter, vanilla) to the bread pan first. Layer the dry ingredients (flour, sugar, salt) on top, ensuring the yeast is added last. Create a small well in the flour so it stays dry. Select Settings: Bread Type: “Sweet Bread” or “Basic Bread”. Crust Color: “Light” or “Medium”. Loaf Size: 1.5 pounds. Add Raspberries: When the machine signals for add-ins (typically after the first kneading cycle), gently add raspberries (if frozen, thaw and drain) and nuts (almonds or walnuts). Avoid overmixing to prevent crushing the fruit. Once the cycle is complete, remove the bread from the machine immediately and transfer it to a wire rack to cool. *Optional Glaze:* Mix powdered sugar, milk, and almond extract to make a smooth glaze. Drizzle it over the cooled bread before slicing.

**Nutrition (Per Slice):** *Calories: 185 kcal, Protein: 4g, Carbohydrates: 30g, Fiber: 5g, Fat: 2g, Cholesterol: 30mg, Sodium: 170 mg, Potassium: 75 mg.*

**Notes:** *This hearty yet sweet raspberry bread evokes the flavors of Westeros’ bountiful harvests.*

## Hogwarts Pumpkin Bread (*Harry Potter*)

*Bread Machine Cycle: ~2 hours 50 minutes | Yield: 8 slices*

### Ingredients:

1/2 cup pumpkin puree  
1/2 cup milk, lukewarm  
1/4 cup melted butter  
1 large egg  
2 cups all-purpose or bread flour  
1/2 cup brown sugar  
1/2 tsp salt  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground cloves  
1 tsp pumpkin pie spice  
1 tsp active dry yeast  
*Mix-ins:* 1/3 cup nuts

### Directions:

Bread Machine Pumpkin Bread Preparation: Wet Mix: Add pumpkin puree, milk, melted butter, and egg. Add dry ingredients: Sprinkle flour evenly over the liquid. Add brown sugar, salt, and spices. Create a small well in the flour and add the yeast, ensuring it does not touch the wet ingredients. Select Settings: “Sweet Bread” or “Basic Bread” cycle. Crust Color: Medium. Specify the loaf size as 1 lb (small loaf) and press start. After 5-7 minutes of mixing, check the dough. It should form a soft, slightly sticky ball. Add Mix-ins: If using chopped nuts (walnuts or pecans), add them when the machine beeps for add-ins (usually 20-30 minutes into the cycle). Once baking is complete, carefully remove the bread from the pan. Transfer to a wire rack to cool for 10 minutes before slicing.

**Nutrition (per serving):** *Calories: 190 kcal, Protein: 4g, Carbohydrates: 30g, Sugars: 8 g, Fiber: 1g, Fat: 6g, Cholesterol: 25mg, Sodium: 180 mg, Potassium: 80 mg.*

**Notes:** *Drizzle with a simple icing of powdered sugar and milk for a more Hogwarts-inspired touch.*

## Cinnabon Pretzel of Diagon Alley (*Inspired by Harry Potter*)

*Bread Machine Cycle: 1.5 hours (dough cycle) | Yield: 8 large pretzels*

### Ingredients:

3/4 cup warm milk (110°F/45°C)  
1/4 cup warm water  
1/4 cup unsalted butter, melted  
3 tbsp granulated sugar  
1 tsp salt  
3 cups bread flour  
2 1/4 tsp active dry yeast  
*For the Cinnamon Filling:*  
1/4 cup unsalted butter, softened  
1/3 cup brown sugar  
2 tsp ground cinnamon  
*For the Baking Soda Bath:*  
4 cups water  
1/4 cup baking soda

### Directions:

Prepare Bread Machine. Add Ingredients to Bread Machine: Pour warm milk, warm water (110°F/45°C), and melted butter into the bread pan. Add sugar and salt. Top with bread flour. Make a small well in the flour and add the yeast. Select Settings: “Dough” cycle.  
Filling: Combine butter, brown sugar, and cinnamon into a smooth mixture. Shape Pretzels: Divide the dough into 8 portions on a floured surface. Roll each into an 18-inch rope, flatten, spread filling, and seal. Form a U-shape, cross ends, and tuck underneath. Boil water, dissolve baking soda, and dip each pretzel for 30 seconds. Place on a baking sheet (parchment-lined) and bake at 425°F for 12-15 minutes. Brush warm pretzels with 3 tbsp of melted butter and sprinkle with cinnamon (1 tsp) and sugar (1/4 cup).  
*Cream Cheese Drizzle:* Mix 1/2 cup powdered sugar, two tbsp cream cheese, 1 tbsp milk, and 1/2 tsp vanilla extract until smooth. Drizzle over the pretzels before serving.

**Nutrition (Per Slice):** *Calories: 280 kcal, Protein: 6g, Carbohydrates: 45g, Fiber: 2g, Fat: 9g, Cholesterol: 25mg, Sodium: 350 mg, Potassium: 80 mg.*

**Notes:** *These Cinnabon Pretzels are a magical addition to any table, perfect for a cozy night or a themed party.*

## Chocolate Bread (*Perfect for Valentine’s Day*)

*Bread Machine Cycle: 2-3 hours | Yield: 10 slices*

### Ingredients:

2 3/4 cups bread flour  
1/4 cup cocoa powder  
1/4 cup granulated sugar  
1/2 tsp salt  
2 tsp instant yeast  
3/4 cup whole milk, warmed  
1/4 cup unsalted butter, softened  
1 large egg  
1/4 cup strawberry jam  
1/2 cup mini marshmallows  
*For the Optional Chocolate Glaze:*  
1/2 cup chocolate chips  
2 tbsp heavy cream

### Directions:

Load Ingredients: Add the ingredients to the bread machine pan in the following order: Wet ingredients: milk, softened butter, and egg. Dry ingredients: bread flour, cocoa powder, sugar, and salt. Make a small well in the dry ingredients and add the yeast. Select the Sweet Bread or Basic Bread cycle with a Medium Crust setting.  
Add the Mix-Ins: Swirl in the strawberry jam after the first kneading cycle (20-30 minutes). Add mini marshmallows when the machine signals, or fold them in with the jam.  
Allow the bread machine to finish baking. The bread will be soft, with gooey marshmallow pockets and a hint of strawberry flavor.  
*Chocolate Glaze:* Melt semi-sweet chocolate chips and heavy cream in the microwave in 15-second intervals, stirring until smooth. Drizzle over cooled bread.

**Nutrition (Per Slice):** *Calories: 240 kcal, Protein: 6g, Carbohydrates: 38g, Fiber: 2g, Fat: 7g, Cholesterol: 30mg, Sodium: 120 mg, Potassium: 90 mg.*

**Notes:** *Serve it as-is, or add the glaze for a festive touch.*

## Marmalade Bread *(Inspired by Paddington)*

*Bread Machine Cycle: 2-3 hours | Yield: 12 slices*

### **Ingredients:**

3 cups bread flour  
2 tbsp granulated sugar  
1/2 tsp salt  
2 tsp instant yeast  
1/4 cup unsalted butter, softened  
1/3 cup whole milk, warmed  
1/3 cup orange marmalade  
1 large egg  
1/2 cup candied fruits  
*For the Orange Glaze:*  
1 cup powdered sugar  
2 tbsp orange juice  
1/2 tsp orange zest

### **Directions:**

Load Ingredients into the Bread Machine. Add the ingredients in the following order: wet ingredients: milk, orange marmalade, softened butter, and egg; dry ingredients: bread flour, sugar, and salt. Make a small well in the flour and add the yeast.  
Select the Sweet Bread cycle and set the crust preference.  
Add the Candied Fruits: If your machine has an “Add-Ins” alert, add the candied fruits (mixed citrus peel or cherries) when prompted. If not, manually incorporate the candied fruits after the first kneading cycle (typically 20-30 minutes).  
Let the machine finish baking (2-3 hours). Mix powdered sugar, orange juice, and zest for the glaze. Once the bread cools for 10-15 minutes, drizzle with glaze, garnish with candied orange peel, and let set before slicing.

**Nutrition (Per Slice):** *Calories: 230 kcal, Protein: 5g, Carbohydrates: 38g, Fiber: 1g, Fat: 6g, Cholesterol: 25mg, Sodium: 120 mg, Potassium: 70mg.*

**Notes:** *The combination of marmalade, candied fruits, and orange glaze brings your kitchen a vibrant, Paddington-inspired twist.*

## Cupcakes with Cherries *from Snack Bar Neo (Inspired by The Matrix)*

*Bread Machine Cycle: 1 hour (cake/batter setting) | Yield: 12 cupcakes*

### **Ingredients:**

1/2 cup unsalted butter, melted  
3/4 cup granulated sugar  
2 large eggs  
1/3 cup whole milk  
1/2 tsp vanilla extract  
1 1/2 cups all-purpose flour  
1 tsp baking powder  
1/4 tsp salt  
3/4 cup pitted and chopped fresh or frozen cherries  
*For the Topping:*  
12 whole cherries (with stems)  
1/4 cup powdered sugar

### **Directions:**

Prepare the Bread Machine. Add Ingredients: Melt butter, sugar, eggs, milk, and vanilla extract in a pan. Layer the all-purpose flour, baking powder, and salt over the wet ingredients. Select: “Cake” or “Batter”. Start the cycle. Gently pat the chopped cherries dry with a paper towel to remove excess moisture. Incorporate the Cherries: Once the bread machine has completed its cycle, carefully fold the chopped cherries into the batter by hand for even distribution.  
Line a 12-liner muffin tin with muffin liners. Fill the molds evenly with dough, about 2/3 full. Bake in the preheated oven at 350°F (175°C) for 18-20 minutes or until a toothpick inserted into the center of a cupcake comes out clean. Let the cupcakes cool in the pan. Garnish each cupcake with a whole cherry on top and a light dusting of powdered sugar.

**Nutrition (Per Slice):** *Calories: 180 kcal, Protein: 3g, Carbohydrates: 22g, Fiber: 1g, Fat: 9g, Cholesterol: 40mg, Sodium: 70 mg, Potassium: 60mg.*

**Notes:** *Add a small square of dark chocolate to the center of each cupcake before baking for a more indulgent twist.*

## Almond Cupcake from Notting Hill Shop (Inspired by Notting Hill)

*Bread Machine Cycle: 1 hour (cake/batter setting) | Yield: 12 cupcakes*

### Ingredients:

1/2 cup unsalted butter, melted  
1 cup granulated sugar  
2 large eggs  
1/2 cup whole milk  
1 tsp almond extract  
1 1/2 cups all-purpose flour  
1/2 cup almond flour  
1 1/2 tsp baking powder  
1/4 tsp salt  
*For the Topping:*  
1/2 cup sliced almonds  
1 tbsp granulated sugar

### Directions:

Prepare the Bread Machine. Add Ingredients to the Bread Machine: Add melted butter, sugar, eggs, milk, and almond extract to the bread machine pan. Layer the all-purpose flour, almond flour, baking powder, and salt on the wet ingredients. Select Settings: “Cake” or “Batter” setting. Start the cycle. Line muffin liners in a pan (for 12 cups). When the dough is ready, pour it evenly into the molds, filling each 2/3 full. Add Toppings: If desired, sprinkle sliced almonds and a touch of granulated sugar over the tops of the cupcakes. Bake in the oven at 350°F (175°C) for 18-20 min. Allow the cupcakes to cool in the pan for 5 minutes, then transfer to a wire rack to cool completely. *Prepare the glaze:* whisk the 1/2 cup powdered sugar with the 2 tbsp milk and 1/4 tsp almond extract. Drizzle over the cooled cupcakes.

**Nutrition (per serving):** *Calories: 210 kcal, Protein: 4g, Carbohydrates: 26g, Fiber: 1g, Fat: 10g, Cholesterol: 40mg, Sodium: 75 mg, Potassium: 50 mg.*

**Notes:** *For extra almond flavor, toast the sliced almonds before adding them as a topping.*

## Croissant Recipe (Breakfast at Tiffany’s)

*Bread Machine Dough Cycle: 1.5-2 hours | Yield: 12 croissants*

### Ingredients:

2 1/4 cups bread flour  
2 tbsp granulated sugar  
1 tsp salt  
2 tsp instant yeast  
1/3 cup whole milk, warmed  
1/3 cup water, room temperature  
2 tbsp unsalted butter, softened  
1 large egg  
*For the Butter Layer:*  
1 cup unsalted butter, chilled and cubed  
*For Egg Wash:*  
1 large egg  
1 tbsp milk

### Directions:

Add the ingredients: milk, water, egg, softened butter, sugar, and salt. Add bread flour on top. Make a small well in the flour and add yeast. Select the “Dough” cycle. Start the machine. Prepare Butter Layer: Flatten butter into an 8x6-inch rectangle and chill. After the dough cycle, roll it to 12x8 inches, place butter in the center, fold it like an envelope, and seal it. Roll the dough into a 16x8-inch rectangle, fold it into thirds, and chill for 30 minutes. Repeat twice more, chilling between folds. Forming Croissants: Roll dough to 18x12 inches, trim edges, and cut into 12 triangles. Roll each tightly from base to tip and place on a parchment-lined sheet. Let rise for 1-1.5 hours. Preheat to 375°F (190°C), brush with egg wash, and bake for 15-20 minutes. Cool before serving plain or with jam.

**Nutrition (per serving):** *Calories: 280 kcal, Protein: 5g, Carbohydrates: 28g, Fiber: 1g, Fat: 17g, Cholesterol: 65mg, Sodium: 210 mg, Potassium: 60 mg.*

**Notes:** *Perfect for a Tiffany-inspired breakfast or any special morning.*

# APPENDICES

## Recipe Measurement Conversion Charts

Accurate measurements are essential for successful bread-making. Use these charts for precise recipe conversions.

### Volume-to-Weight Conversions

#### Flour

Volume	All-Purpose Flour (g)	Bread Flour (g)	Whole Wheat Flour (g)
1 cup	120 g	130 g	115 g
3/4 cup	90 g	98 g	86 g
1/2 cup	60 g	65 g	57 g
1/4 cup	30 g	33 g	29 g
1 tbsp	8 g	9 g	10 g

#### Liquids (Water, Milk, etc.)

Volume	Weight (g)
1 cup	240 g
3/4 cup	180 g
1/2 cup	120 g
1/4 cup	60 g
1 tbsp	15 g

#### Sugar

Volume	Granulated Sugar (g)	Brown Sugar (g)	Powdered Sugar (g)
1 cup	200 g	220 g	120 g
3/4 cup	150 g	165 g	90 g
1/2 cup	100 g	110 g	60 g
1/4 cup	50 g	55 g	30 g
1 tbsp	12 g	13 g	8 g

#### Butter

Volume	Weight (g)
1 cup	227 g
3/4 cup	170 g
1/2 cup	113 g
1/4 cup	57 g
1 tbsp	14 g

#### Yeast

Volume	Active Dry Yeast (g)	Instant Yeast (g)
1 tbsp	9 g	8 g
1 tsp	3 g	2.8 g

## Temperature Conversions

<b>°Fahrenheit</b>	<b>°Celsius</b>
95°F	35°C
105°F	40°C
110°F	43°C
350°F	175°C
400°F	200°C
450°F	230°C

These tables will help you convert recipes precisely, ensuring consistent results every time you bake.

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30-Minute Cheesy Pull-Apart Bread

30-Minute Dinner Rolls

45-Minute Cinnamon Swirl Buns

5-Ingredient Coconut Bread

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**A**lmond Cupcake from Notting Hill Shop (Inspired by Notting Hill)

Almond Flour and Chia Seed Loaf

Almond Flour and Walnut Bread

Ancient Grains Bread with Millet and Teff

Ancient Grains Bread with Quinoa and Millet

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**B**alkan-Style Flatbread with Cracklings

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## CONCLUSION

*The Complete Bread Machine Cookbook* is your essential companion for quickly crafting a wide variety of fresh, homemade bread.

With clear instructions and nutritious choices, this cookbook helps you create fresh, preservative-free bread that fits your lifestyle and tastes. Whether you want to master your bread machine, explore various recipes, or develop healthier alternatives like gluten-free, keto, or low-carb loaves, this cookbook has everything you need to elevate your baking game.

Transform your bread machine into a tool for crafting artisanal loaves, adding joy to every meal while saving time and money.

Here's what this book brings to your table:

**Master Your Bread Machine:** This book unlocks the full potential of your bread machine with expert guidance that turns it into your favorite kitchen ally. From kneading dough to baking perfect loaves, it walks you through the process quickly and confidently.

**Get Creative:** With 150 diverse recipes, you'll explore far beyond the basics. The possibilities are endless, from classic loaves to global specialties and decadent pastries. Experiment with new flavors, textures, and ingredients to find your perfect loaf.

**Health and Savings Combined:** Enjoy preservative-free, nutritious bread at a fraction of the cost of store-bought artisan options. This cookbook lets you create wholesome, homemade bread that fits your dietary preferences – whether you're looking for gluten-free, keto, or low-carb options – without compromising taste or quality.

*The Complete Bread Machine Cookbook* rediscovered the magic of homemade bread. Get ready to fill our kitchen with the irresistible scent of freshly baked bread while enjoying the satisfaction of creating loaves that fit your unique lifestyle. Happy baking!

## BONUS SECTION

### Bread in Meal Planning

Bread is easily incorporated into a balanced diet. Here are some tips to make the most of bread while maintaining nutritional harmony in your meals:

#### ➤ **Choose the Right Bread**

*Whole Grain or Whole Wheat:* Opt for whole wheat bread to maximize fiber and nutrients.

*Seeded Varieties:* Breads with seeds or nuts add protein, healthy fats, and texture.

*Low-Carb or Gluten-Free Options:* For those with specific dietary needs, explore alternatives that suit your lifestyle.

#### ➤ **Balance Your Plate**

Bread can complement a meal as a carbohydrate source but should be balanced with proteins, healthy fats, and vegetables for a well-rounded dish.

Pair toast with eggs and avocado for a nutrient-rich breakfast.

Use bread as the base for an open-faced sandwich topped with lean protein and greens.

Serve crusty bread alongside soups or stews to complete the meal.

#### ➤ **Portion Control**

Enjoy bread in moderation to keep your meal calorie content in check.

You can stick to one or two slices per serving, depending on your dietary goals.

Opt for thinly sliced or smaller portions if you're watching your carbohydrate intake.

#### ➤ **Make It the Star**

Bread can take center stage in creative and nutritious meals:

*Stuffed Sandwiches:* Load whole-grain bread with lean proteins, fresh veggies, and flavorful spreads.

*Bread Bowls:* Use a hearty loaf as a container for soups or salads.

*Bruschetta:* Top toasted slices with fresh tomatoes, basil, and olive oil for a light appetizer.

#### ➤ **Use Bread Wisely in Snacks and Sides**

Bread can serve as a healthy snack or side if paired thoughtfully:

Spread almond butter or hummus on a slice for a quick, energy-boosting snack.

Serve breadsticks or flatbreads with a vegetable platter for a wholesome side.

#### ➤ **Mind the Additions**

The toppings and spreads you use with bread matter:

Choose nutrient-dense spreads like avocado, hummus, or nut butter over butter or sugary jams.

Pair bread with fresh fruit or a drizzle of honey for a sweet treat.

### ➤ **Incorporate International Flavors**

Bread can introduce global cuisines into your diet:

Use naan with curry or stir-fries.

Wrap fillings in pita for Mediterranean-inspired meals.

Try tortillas for tacos or quesadillas.

By thoughtfully incorporating bread into your meal planning, you can enjoy it's comforting texture and flavor while maintaining a balanced and nutritious diet.

## **Bread Storage Rules and Recipes from Leftover**

Bread is a household essential, and with proper storage and inventive use of leftovers, you can minimize waste while elevating your meals. Here are tips for keeping bread fresh and transforming stale bread into tasty dishes.

### **Bread Storage Rules**

#### ➤ **Keep It Cool, Not Cold**

Store bread at room temperature (1-3 Days) in a bread box, paper bag, or tightly wrapped in a clean kitchen towel.

Avoid refrigeration, as it accelerates staling.

#### ➤ **Freeze for Longevity**

To store bread for an extended period, freeze it. Slice the bread beforehand for easy portioning.

Wrap it in plastic wrap and place it in a freezer-safe bag. Bread can be stored in the freezer for up to 3 months.

#### ➤ **Reheat Frozen Bread**

To restore freshness, reheat frozen bread in the oven at 350°F (175°C) for 10-15 minutes.

#### ➤ **Avoid Moisture and Air**

Bread must be protected against moisture and air to prevent mold. Airtight containers are helpful, but make sure the bread is fabulous before sealing.

### **Recipes from Leftover Bread**

#### ➤ **Croutons**

**Ingredients:** Stale bread, olive oil, garlic powder, salt, and herbs (like thyme or rosemary).

**Method:** Cut bread into cubes, toss with olive oil and seasonings, and bake at 375°F (10-15 minutes) until golden and crispy.

**Uses:** Top salads, soups, or casseroles.

### ➤ **Breadcrumbs**

**Ingredients:** Stale bread.

**Method:** Dry bread slices in the oven at 300°F, then pulse in a food processor until fine.

**Uses:** Coating for meats, binding ingredients for meatballs, or casserole topping.

### ➤ **French Toast**

**Ingredients:** Stale bread, eggs, milk, sugar, cinnamon, vanilla extract, and butter.

**Method:** Whisk eggs, milk, sugar, cinnamon, and vanilla. Coat the bread slices in the mixture, then sauté in butter until both sides are golden brown.

**Serve:** With syrup or powdered sugar.

### ➤ **Bread Pudding**

**Ingredients:** Stale bread, milk, eggs, sugar, vanilla extract, spices (like cinnamon or nutmeg), and optional raisins or chocolate chips.

**Method:** Cube bread and layer in a baking dish. Pour over a custard mixture of milk, eggs, sugar, and vanilla. Bake at 350°F (175°C) for 30-40 minutes until set.

**Serve:** Warm with whipped cream or a drizzle of caramel sauce.

### ➤ **Panzanella (Bread Salad)**

**Ingredients:** Stale bread, tomatoes, onions, cucumbers, olive oil, balsamic vinegar, and fresh basil.

**Method:** Cube bread and toast lightly. Toss with chopped vegetables, olive oil, and vinegar. Let it sit for 15 minutes to absorb flavors.

**Serve:** As a refreshing summer salad.

### ➤ **Strata (Savory Bread Casserole)**

**Ingredients:** Stale bread, eggs, milk, cheese, and vegetables (like spinach, mushrooms, or bell peppers).

**Method:** Layer cubed bread, vegetables, and cheese in a dish. Pour over an egg and milk mixture. Bake at 350°F (175°C) for 40-50 minutes until set.

**Serve:** As a brunch or dinner dish.

By following these storage tips and trying out these recipes, you can ensure your bread stays fresh longer and make the most of any leftovers, turning them into delicious and satisfying dishes.

## **Preparation of Natural Sourdough for a Bread Machine**

Natural sourdough is an enzyme obtained from flour and water; unlike the yeast enzymes we have already considered, it does not contain yeast. Incorporating sourdough into your bread machine recipes creates bread with a unique flavor, improved texture, and better shelf life. Here's a step-by-step guide to preparing and using natural sourdough in your bread machine.

### **Creating a Sourdough Starter**

The sourdough starter is the foundation of naturally leavened bread.

#### **Ingredients:**

1 cup (120g) whole-grain flour (like rye or whole wheat)

1 cup (240ml) filtered or non-chlorinated water

#### **Steps:**

##### **✓ Day 1:**

Mix equal parts flour and water in a glass jar or non-metallic container.

Cover the mixture and leave at room temperature (70-75°F or 21-24°C) for 24 hours.

##### **✓ Day 2:**

Discard half the mixture.

Add ½ cup (60g) fresh flour and ½ cup (120 ml) water. Mix well and let sit.

##### **✓ Days 3-5:**

Repeat the feeding process daily.

By day 5, the starter should be bubbly, have a tangy aroma, and double in size within 6-8 hours of feeding.

#### **Maintenance:**

For regular use, keep feeding the starter daily.

If used less frequently, refrigerate and feed once a week.

### **☑ Preparing Sourdough for Bread Machine Use**

Since most bread machines are designed for recipes using commercial yeast, you'll need to make adjustments for sourdough:

#### **Feeding the Starter Before Baking:**

Feed the starter 6-8 hours before baking. Use ½ cup (60g) flour and ½ cup (120 ml) water. Let it rest at room temperature until bubbly and active.

### **Measuring the Starter:**

Substitute ½ to 1 cup (120-240ml) of starter for part of the flour and liquid in the recipe.

**Example:** If the recipe calls for 3 cups of flour and 1 cup of water, use 2½ cups of flour, ¾ cup of water, and 1 cup of sourdough starter.

## **Adjusting Bread Machine Settings for Sourdough**

### **Select the Dough Cycle:**

Mix and knead the dough using the bread machine's dough cycle, considering sourdough requires longer fermentation than commercial yeast.

### **Ferment and Rise Separately:**

After the dough cycle, remove the dough from the bread machine. Place it in a bowl, cover it, and let it ferment for 4-6 hours or until doubled in size.

### **Bake in the Machine:**

Form the dough into the desired shape, return it to the bread machine pan, and select the "Bake Only" setting to complete the process.

## **Tips for Perfect Sourdough in a Bread Machine**

### **Hydration Adjustment:**

Since sourdough starters add moisture, tweak the liquid measurements to achieve a smooth, elastic dough that isn't too sticky or dry.

### **Enhance Flavor:**

Longer fermentation enhances the sourness, creating a bolder flavor.

### **Trial and Error:**

Adjust hydration and rising times to discover the ideal combination for your bread machine.