

# Seedy Spelt Sourdough Bread

11 servings • Category: Baking • By: robin • Generated by Nutrifax

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## Ingredients

- 200 g Grains (wheat flour, white, bread flour)
- 200 g Flour (spelt, whole grain)
- 80 g Sourdough culture (50% hydration (stiff))
- 320 g Beverages (water, tap, well)
- 11 g Seeds (pumpkin and squash seeds, whole, roasted)
- 11 g Seeds (sunflower seed kernels, dry roasted)
- 11 g Seeds (flaxseed (linseed), whole and ground)
- 11 g Spices (poppy seed)
- 9 g Pink Himalayan sea salt

## Instructions

No instructions provided.