

El Molino Sunflower Bread

1- $\frac{1}{3}$ cup oatmeal	$\frac{2}{3}$ cup dried cranberries
$\frac{1}{3}$ tsp salt	$\frac{1}{2}$ cup sunflower seeds
1- $\frac{1}{3}$ cup boiling water	$\frac{1}{4}$ cup whole wheat flour
$\frac{3}{4}$ cup lukewarm water	1 tbsp gluten
$\frac{1}{3}$ cup molasses	3- $\frac{1}{3}$ cups all-purpose flour
2 tsp sunflower oil	$\frac{1}{4}$ tsp yeast

Mix the oatmeal and salt in the breadmaker pan, and let stand in the boiling water for one hour. Add the remaining water with the molasses and oil.

Mix the whole wheat flour with the gluten, pour over the liquid, and then add the all-purpose flour on top. Make a small indentation in the flour and add the yeast.

Use the bread machine's whole wheat setting and set for a light-color and a 2-lb loaf.

Adapted from *El Molino Best* (1953).