

ONTBIJTKOEK

DIRECTIONS:

1. Preheat the oven to 300°F. Line a standard loaf pan with parchment, coat with butter, and sprinkle with flour.
2. In a large bowl combine the rye flour, spelt flour, baking powder, and spices.
3. Heat milk on stove or in microwave until hot. In another large bowl, whisk together the sugar, molasses, honey, and hot milk until well combined.
4. Add the wet ingredients to the dry mixture and stir with a spoon or paddle beater until the dough is smooth. Pour batter into prepared pan.
5. Bake for 1 hour. The bread will be done when a toothpick or skewer comes out clean.
6. When fully baked, turn off the oven, crack the door open, and leave the bread in the oven to cool down for at least 30 minutes; this will ensure it doesn't sink in the middle and will ease taking it out of the pan. Then remove the bread and allow it to cool completely.
7. Slice and enjoy as is or toasted, topped with apple butter and/or plain yogurt, if desired. Cover and store in refrigerator or freezer.

INGREDIENTS:

- 1 teaspoon butter (for pan)
- 1 tablespoon spelt flour (for pan)
- 1 cup rye flour, sifted
- 1 cup spelt flour, sifted
- 3 teaspoons baking powder
- ½ teaspoon fine sea salt
- 1 teaspoon cinnamon
- 1 teaspoon cardamom
- 1 teaspoon ginger
- ½ teaspoon nutmeg
- ¼ teaspoon cloves
- ⅛ teaspoon anise
- ⅛ teaspoon black pepper (optional)
- ⅛ teaspoon coriander (optional)
- 1 cup low-fat milk
- ¼ cup packed, dark brown sugar
- 2 tablespoons unsulfured molasses
- 2 tablespoons honey



1 HOUR 40 MIN | SERVES 8

Nutrition Facts
173 calories | 1g fat | 1g saturated fat | 431mg sodium |
38g carbohydrate | 4g fiber | 17g sugar | 5g protein