Budget-Friendly Ezekiel Bread

Ready in 1 hour • Makes 24 servings (yields 2 loaves)

- 2 1/4 cups whole-grain wheat flour or hard red wheat
- 1 1/4 cups spelt or rye
- 1/2 cup barley
- 1/4 cup millet
- 1/4 cup lentils
- 2 tbsp Great Northern beans (a type of white bean)
- 2 tbsp red kidney beans
- 2 tbsp pinto beans
- 2 cans club soda
- 1 cup honey
- 1/4 cup olive oil

1. Place all grains, lentils and beans in a food processor (you may need to do this in batches) and pulse for 10 seconds.

2. In a large mixing bowl, mix together club soda, honey and olive oil.

3. Add all the blended ingredients to the mixing bowl and stir until all ingredients are incorporated.

4. Divide the batter in half and pour into two loaf pans. Bake at 350ºF.

Optional: Add 2 tsp of cinnamon and a handful of raisins or cranberries for extra sweetness.

NUTRIENTS PER SERVING:
Calories: 217, Total Fats: 6 g, Saturated Fat: 0.5 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 0 mg, Total Carbohydrates: 39 g, Dietary Fiber: 3 g, Sugars: 13 g, Protein: 5 g, Iron: 1 mg