



Three Seeds

Calories 182
Cholesterol 8 mg.
Sodium 308 mg.

Protein 13 %
Carbohydrates 68 %
Fat 19 %

Nutritional information per serving

This refreshing bread surprises the palate with its delicate combination of flavors. Equal portions of caraway, celery and dill seeds make this light loaf interesting without overpowering it. Even kids love this lightly seasoned "bug bread." Your cheese sandwiches will never be the same again.

Success Hints

- Stack seeds on top of other dry ingredients, away from water.
- This bread makes flavorful stuffing for poultry or pork.
- Thinly sliced, toasted points make a welcome Sunday Brunch accompaniment to Bloody Marys.
- This recipe can be made using the regular, rapid and delayed time bake cycles.

regular loaf

3/4 cup
2 1/4 cups
1 Tbsp.
1 Tbsp.
1 tsp.
2 Tbsp.
1 tsp.
1 tsp.
1 tsp.
3/4 tsp.
3/4 tsp.

Water
lukewarm
**White
Bread Flour**

Dry Milk

Sugar

Salt

Butter

Dill Seed

Celery Seed

Caraway Seed

Yeast

fast rise

- or -

Yeast

active dry

large loaf

1 1/8 cups
3 1/3 cups
2 Tbsp.
1 1/2 Tbsp.
1 1/2 tsp.
3 Tbsp.
1 3/4 tsp.
1 3/4 tsp.
1 3/4 tsp.
1 1/2 tsp.
1 3/4 tsp.