



Focaccia Bread

INGREDIENTS:

1 ½ cups	All Purpose flour
2 cups	Whole wheat flour
¼ cup	Flax seed, ground
1 teaspoon	Salt
1 ½ teaspoon	Olive oil
¼ teaspoon	Yeast, dry active
1 ½ cups	Water, warm about 90 degrees F
1 teaspoon	Basil, dried
1 teaspoon	Oregano, dried
1 teaspoon	Onion powder
½ teaspoon	Thyme, dried

PREPARATION:

- In mixing bowl with dough hook, add all dry ingredients
- Turn on mixer, and mix the dry ingredients.
- Then add water and olive oil. Mix until dough forms a large ball and grasps onto the hook.
- Spray a large bowl with PAM or non-stick spray.
- Place the dough in the bowl and cover with plastic wrap.
- Set in warm place and let rise until double—this should take about 1 to 1 ½ hours.
- Once dough has risen, punch down the dough and let sit for 10 minutes
- Preheat oven to 350° F
- Pre-grease baking sheet pan
- Spread dough out evenly through the pan, make sure to spread from the center out
- Cover and let sit for another 20 minutes to rise.
- Then bake in oven at 350° F for about 15 minutes.
- Cut into “2x3” pieces

Number of Servings: 20 pieces

Serving Size: 1 piece

Calories: 54

Fat: .5

