



## 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**

