

## Ingredients:

- 200 g wholemeal rye flour
- 300 g spelt flour or other light flour
- 2 tsp salt
- 0.5 l lukewarm water
- ½ cube fresh yeast or 1 packet dry yeast
- Flour for shaping



## Preparation:

Put all the dry ingredients in a bowl and mix well.

Dissolve the yeast (fresh or dry) in a little lukewarm water and add it to the other ingredients with the rest of the water.

Mix everything together with the dough hook on a low speed to form a soft dough. You can also mix everything with a wooden spoon first and then knead it with your hands. Be careful, the dough is relatively sticky, but this is normal.

Leave the dough to rise in a warm place for 20-30 minutes. It is best to cover it with a cloth.

Fill a soup plate with flour. Take a tablespoon of dough from the bowl and turn the dough in the flour. Use a dough scraper to place the pieces on a baking tray lined with baking paper and shape into rounds.

Leave the bread to rise for another 10-15 minutes at room temperature. In the meantime, preheat the oven to 250 ° C.

Bake the breads at 250 ° C for 10 minutes, then at 200 ° C for another 15 minutes.

The small loaves make wonderful sandwiches.

Enjoy!