



Makes 1 loaf
Preparation Time: 30 minutes
Cook Time: 3 hours

INGREDIENTS:

⅓ cup dry wild rice, rinsed and drained

2¾ to 3¼ cups white whole wheat flour

¼ cup flaxseed meal

2 tablespoons nutritional yeast

1 package (2¼ teaspoons) active dry yeast

2 tablespoons pure maple syrup

1 teaspoon sea salt

1 tablespoon chopped fresh rosemary, dill, thyme, and/or oregano

1 tablespoon flaxseeds, lightly toasted (see tip, recipe intro)

1 tablespoon sesame seeds, lightly toasted (see tip, recipe intro)

1 tablespoon chia seeds

2 tablespoons sunflower seeds, flaxseeds, sesame seeds, and/or chia seeds

½ teaspoon cracked black pepper or freshly ground black pepper (optional)

Seed Bread with Wild Rice and Herbs

Wild rice and a trio of seeds—sesame, flax, and chia—add extra nuttiness to this flavorful whole wheat **bread**, while chopped fresh herbs give every slice an inviting lift. We like fresh rosemary, dill, thyme, or oregano, but you can also skip the herbs. Be sure to let this hearty bread fully cool before you slice it. Once it's ready, there are so many ways to enjoy it: smeared with **hummus** and topped with greens for a light **vegan sandwich**; toasted and served alongside a piping-hot bowl of soup; slathered with some **whole-fruit jam**... the possibilities are endless!

Tips

To toast flaxseeds and sesame seeds: Place seeds in a dry skillet over medium-low. Cook 30 to 60 seconds or until sesame seeds are just starting to brown and smell very fragrant, shaking skillet frequently to ensure even toasting. Remove from skillet immediately to prevent burning.

For more inspiration, check out these tasty ideas:

- [Vegan Potato Bread](#)
- [Sweet Potato Bread](#)
- [Irish Porridge Bread](#)
- [Classic Vegan Cornbread](#)

By Laura Marzen, RD, LD

- 1 In a small saucepan combine wild rice and ⅔ cup water. Bring to boiling; reduce heat. Cover and simmer 40 to 45 minutes or until rice is tender and most of the liquid is absorbed. Remove from heat; let stand, covered, 5 minutes. Drain any excess liquid. Cool slightly.
- 2 In a large bowl stir together 1 cup of the flour and the next three ingredients (through active dry yeast). In a medium saucepan heat and stir 1 cup water, the maple syrup, and salt just until warm (120°F to 130°F). Add to flour mixture. Using an electric mixer, beat on low 30 seconds, scraping bowl constantly. Beat on high 3 minutes. Using a wooden spoon, stir in wild rice, 1¾ cups flour, and the next four ingredients (through chia seeds).
- 3 Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball; lightly dust with flour. Place dough in a clean large bowl; cover and let rise in a warm place until double in size (1 to 1¼ hours).
- 4 Preheat oven to 375°F. Punch dough down. Turn out onto a lightly floured surface. Cover and let rest 10 minutes. Shape dough into a round loaf. Place on a parchment-lined baking sheet. Flatten loaf slightly to 8 inches in diameter. Cover and let rise in a warm place until nearly double in size (40 to 50 minutes). Brush top of loaf lightly with water and sprinkle with the 2 tablespoons seeds and the pepper (if using).

- 5 Bake 40 to 45 minutes or until bread sounds hollow when tapped. Cover loosely with foil the last 10 minutes, if needed, to prevent overbrowning. Transfer bread to a wire rack. Cool completely before slicing. To Store: Place bread in an airtight container or wrap in plastic wrap. Store at room temperature for up to 3 days or freeze for up to 3 months.