# Full wheat bread

## bread machine

### Ingredients

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1000g | 750g | 500g |  |  |
| 320 mL d’eau | 260 mL d’eau | 180 mL d’eau |  |  |
| 3 c.s. d’huile | 2.5 c.s. d’huile | 2 c.s. d’huile |  |  |
| 1.5 c.c. de sel | 1 c.s. de sel | 0.5 c.s. de sel |  |  |
| 3.5 c.s. de sucre | 3 c.s. de sucre | 2.5 c.s. de sucre |  |  |
| 250g de farine | 200g de farine | 150g de farine |  |  |
| 250g de farine de blé complet | 200g de farine de blé complet | 150g de farine de blé complet |  |  |
| 2 c.c. de levure boulangère | 1.5 c.c. de levure boulangère | 1.25 c.c. de levure boulangère |  |  |

### Preparation

Clip the mixer of the machine.

Add the ingredients in order.

Cooking takes about 4 hours.

Please note: yeast should not come into contact with liquids !!! Use the flour as a separator.