

Rye Walnut Bread

Ingredients

- 2 cups rye flour
- 1 cup whole wheat flour
- 2 ¼ tsp active dry yeast
- 1 tsp salt
- 1 ¼ cups warm water
- 2 tbsp molasses
- ½ cup chopped walnuts

Instructions

1. Activate Yeast: Stir yeast into warm water with molasses, let sit 5 minutes.
2. Mix Dough: Add rye and whole wheat flour, salt, and mix until sticky dough forms.
3. Knead: Knead 10 minutes until smooth.
4. First Rise: Place in greased bowl, cover, let rise 1 hour.
5. Shape: Punch down, fold in walnuts, shape into loaf, place in greased pan, rise 30 minutes.
6. Bake: 375°F (190°C) for 35–40 minutes. Cool before slicing.

Why This Helps Blood Sugar

Rye's unique fiber (arabinoxylan) slows glucose release more than wheat alone. Walnuts add healthy fats that improve satiety and reduce sugar spikes.