

Pumpernickle Caraway Bread

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3/4 cup water (70 to 80 degrees)
2 tablespoons molasses
4 1/2 teaspoons butter
1 teaspoon salt
1 cup bread flour
2/3 cup rye flour
1/3 cup whole wheat flour
2 tablespoons cornmeal
5 teaspoons baking cocoa
4 1/2 teaspoons sugar
3 teaspoons nonfat dry milk powder
1 teaspoon caraway seeds
1/4 teaspoon instant coffee granules
1 1/2 teaspoons active dry yeast

Preparation Time: 10 minutes

Bake Time: 3 hours

In a bread machine pan, place all of the ingredients in the order suggested by the manufacturer.

Select the basic bread setting. Choose the crust color and loaf size, if available.

Bake according to the bread machine directions (check the dough after 5 minutes of mixing. Add one to two tablespoons of water or flour, if needed).

Per Serving (excluding unknown items): 1306 Calories; 22g Fat (15.2% calories from fat); 34g Protein; 246g Carbohydrate; 12g Dietary Fiber; 47mg Cholesterol; 2357mg Sodium. Exchanges: 13 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat; 3 Other Carbohydrates.