White Flax-Chia Loaf

Samantha Stiell

This hearty, soft bread is made with simple ingredients-plain wheat flour and a nourishing flax and chia blend that adds texture and nutrition to every bite!

⏲ Time Overview
🥄 Prep Time: **2 hrs – 2 hrs 20 mins**
🔥 Cook Time: **30–35 mins**
⏱ Total Time: **2 hrs 30 mins – 2 hrs 55 mins**
🍞 Yield: **2 large loaves (13x5-inch pans)**

✦ INGREDIENTS
- 7 cups plain wheat flour
- 1 tbsp sugar
- 2 tsp instant yeast
- 2 tsp salt
- 3 tbsp ground flax-chia blend
- 1 cup milk
- 1, 1/2 cups water
- 6 tbsp cold butter, cut into 1/2-inch cubes

🧡 SAMANTHA'S SERVING TIP
They say to let the bread cool before slicing— but I've never been one to follow that rule. A hot slice of fresh bread slathered with butter (and maybe a slice of cheese) is one of life's simple joys. It instantly transports me to a place of comfort where everything feels right with the world.

📝 DIRECTIONS
- Combine dry ingredients
- In the bowl of a stand mixer, add flour, sugar, yeast, salt, and flax-chia blend. Mix briefly just to combine.
- With the mixer on low speed, gradually pour in the milk and water until the dough begins to come together.
- Incorporate butter
- Increase speed to medium. Add the butter pieces one at a time, allowing each to fully incorporate before adding the next.
- Continue kneading the dough in the mixer for 5–6 minutes, until it becomes smooth and no longer sticky to the touch.

First rise:
- Transfer the dough to a greased bowl. Cover and let it rise in a warm place for 45 minutes to 1 hour, or until doubled in size.
- Shape the dough
- Turn the dough out onto a lightly floured surface and knead gently for 1–2 minutes. Divide into two equal pieces, fold each over, and let rest for 10 minutes.
- Shape each piece into a loaf and place into well-greased 13x5-inch loaf pans.

Second rise:
- Cover and let the loaves proof for about 45 minutes, or until doubled in size.
- Bake in a preheated oven at 375°F (190°C) for 30–35 minutes, or until the tops are golden and the loaves sound hollow when tapped.
- Cool (or don't!)
- Allow to cool completely before slicing—unless you're like me...