



Poppy Seed-Swiss Cheese Batter Bread

- 3 ½ cups sprouted white wheat flour
- 1 ½ tablespoons aluminum-free baking powder
- ½ teaspoon sea salt
- 1 tablespoon maple sugar
- 1/3 cup cold butter, cut in pieces
- 2 cups (8 oz.) grated Swiss cheese
- 1 tablespoon poppy seeds
- 2 eggs, slightly beaten
- 1 ½ cups plus 3 tablespoons (whole fat) milk
- 2 teaspoons prepared mustard

Combine first 4 ingredients in a large bowl. Cut in butter with a pastry blender until mixture resembles coarse meal. Stir in cheese and poppy seeds. Make a well in the center of mixture.

Combine eggs, milk, and mustard. Add to dry ingredients, stirring just until moistened. Spoon batter into a greased and floured 9 x 5-inch loaf pan. Bake at 350 degrees for 1 hour and 10-15 minutes or until a wooden toothpick inserted in center comes out clean. (After 50 minutes you can tent the loaf with aluminum foil to prevent over browning on top.) Cool bread in pan for 10 minutes before removing. Yield one loaf.