



## **Whole Grain Bread**

1 cup whole wheat flour  
½ cup ground oats  
½ cup ground flaxseeds  
½ tsp baking soda  
½ tsp salt  
1 large egg  
4 large egg whites  
1 cup low fat milk  
½ cup honey  
5-10 drops Stevia  
2 tbsp olive oil

Preheat the oven to 325 degrees to begin. After that, stir together all the ingredients until well mixed and then slowly begin to add the wet ingredients into the mixture as well.

Once everything is moistened, pour into a pan and bake in the oven for 40 minutes or until a toothpick comes out clean. Allow to sit and cool before serving.