



Cinnamon Garbanzo Bread

INGREDIENTS:

- 1 cup warm milk
- 3 cups bread flour
- 1 package active dry yeast
- 1/4 teaspoon salt
- 3 tablespoons brown sugar
- 1 tablespoon vital wheat gluten
- 1 cup cooked garbanzo beans
- 1 tablespoon cinnamon
- 2 teaspoons canola oil

METHOD:

Preheat oven to 350°F. Place garbanzo beans in food processor or blender and process until finely chopped, not pureed. Pour warm milk in small bowl; add yeast and 1 tablespoon brown sugar. Stir and set aside for 10 minutes until top begins to foam. In large mixing bowl, combine garbanzo beans, oil, flour, salt, wheat gluten, cinnamon and remaining 2 tablespoons of brown sugar. Pour yeast and milk mixture and stir well to blend into soft dough. Knead dough until smooth and elastic. Set in greased bowl and let rise for 1 hour or until double in bulk. Punch down and let rise again for 1 hour more. Shape into loaf and place on greased cookie sheet; cover and let rise for 30 minutes. Place in preheated oven and bake for 45 minutes or until golden brown and sounds hollow when tapped. Serve warm with butter.