

A Logan Bread Recipe from Krehe Ritter.

My wife Kathy and I have modified the original as follows:

Ingredients:

- 2 C whole wheat flour
- 1 C Graham flour
- 1 C Buckwheat flour
- 1 C Wheat germ
- 1 C Powdered buttermilk
- 1 t Salt
- 1 t Baking Soda
- 1 C Ground almonds, cashews, or other nuts
- 1 C Dried fruit - apricots, peaches, pears, figs, &c.
- 3/4 C Brown sugar
- 1 C Honey
- 1/4 C Blackstrap Molasses
- 1/4 C Salad oil

Chop dried fruit moderately finely, cover with water in sauce pan, bring to boil, turn off heat and let hydrate 5-10 minutes. Drain in strainer and set aside. Discard pot liquor.

Combine all dried ingredients, except nuts, crush all lumps, add nuts. Add oil to 2 C measure, add molasses, add honey and stir until more-or-less uniform in 2 C measure.

Add fruit to dry ingredients, stir thoroughly.

Add wet ingredients to center of dry ingredients in mixing bowl. Stir until mixture is more-or-less uniform.

Turn onto floured bread board, Knead slightly into ball. Divide into two pieces. Roll out each piece until they are ca. 1/2" thick. Press each half into 9"x 9" baking pans, lightly greased.

Bake at 225°F for 1-1 1/2 hours.

We've found that this recipe makes Logan Bread that does not dry out. It will stay fresh for quite a while, and it is superior to the usual commercial energy bars, such as Cliff or Power. I find it particularly good on long, extended distance bicycle rides, such as centuries and double centuries.

---Krehe Ritter
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