

Slow Cooker Boston Brown Bread

A close-up photograph of two thick, round slices of Boston Brown Bread. The bread is a deep, dark brown color with a moist, dense texture. One slice is stacked on top of the other, slightly offset. They are served on a plain white ceramic plate. The background is a textured, woven brown surface, likely a placemat or tablecloth. The lighting is soft, highlighting the texture of the bread and the smooth surface of the plate.

Slow Cooker

**BOSTON
BROWN
BREAD**

LIVE WELL UTAH

Ready or not, school will be starting soon for many Utah kids (if it hasn't already). When kids walk in the door after school, they are STARVING. Let the aroma of this crockpot bread entice them beyond the cookie jar. It's ready when they are!

Slow Cooker Boston Brown Bread

Ingredients:

- 2 c wheat flour
- 1/2 c rye flour
- 1/2 c cornmeal
- 2 tsp baking soda
- 1 tsp salt
- 1/2 c powdered milk
- 1/2 c sugar, honey, or molasses
- 2 T apple cider vinegar
- 2 c water
- optional: 1 c raisins, 1/4 c sunflower seeds

Directions:

Mix wet and dry ingredients separately, then combine and mix briefly to moisten thoroughly. Place dough in greased #10 can, loaf pan, bundt cake pan, or make a 2/3 batch and grease two spaghetti sauce cans – ***whatever will fit in your crockpot with the lid on***. Add enough water to reach halfway up the sides of the pan, put the crockpot lid on (with tinfoil, if necessary) and cook on low overnight or all day, or on high for 3-5 hours. Let cool before taking the bread from the pans.

Recipe courtesy of Rachel Dittli. Submitted by Cathy Merrill,

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