

Our Community Garden



Recipe Collection

Healthy Bread

You need

500g granary or malted bread flour

250g strong white bread flour

2tsp salt

1 dry yeast sachet (7g if you have it in a tin)

640ml warm water

50g seeds of your choice - such as sunflower, pumpkin, linseed, sesame, poppy or even chopped walnuts!

1 2lbs bread tin

1 1lb bread tin

a little vegetable oil to oil the tin

tea towel

To make

Put flour, seeds, salt and yeast into a large bowl

Slowly add the warm water, whilst stirring with a sturdy spoon or mixing with dough hook/s

Stir until all is incorporated

Fill the bread tins roughly half full of dough

Cover with the tea towel and leave for 30 mins. in a warm place - the dough should rise to the top of the tin

Bake in a hot oven - 200 degrees centigrade for 25-30 minutes until the crust comes away from the tin and the bottom sounds hollow when tapped.

When baked immediately turn out onto a rack to cool.

This bread will still taste fabulous after 3 days and is brilliant toasted, too!



Bon Apétit