

PORRIDGE BREAD

Ingredients:

450ml Greek yoghurt
350g porridge oats
2tsp bread soda
2 eggs
3tbsp chia seeds
3tbsp pumpkin seeds
3tbsp flax seeds
100ml maple syrup
Oil to grease tin

Optional: 2tbsp chopped hazelnuts



Equipment:

Mixing bowl
Wooden spoon
Bread loaf tin
Wire tray
Small bowl

*Check the bread after 30mins, if the top is getting too brown, cover with tin foil before returning to the oven, this will prevent burning.

Method:

1. Preheat the oven to 180°C/ Gas 4.
2. Grease the loaf tin with oil.
3. Mix the dry ingredients together in the mixing bowl i.e. oats, bread soda, chia seeds, pumpkin seeds, flax seeds, hazelnuts (if using).
4. Crack the eggs one at a time into the small bowl and then transfer into the mixing bowl (this will ensure the mixture is not contaminated by egg shells).
5. Stir in the yoghurt and maple syrup.
6. Stir the mixture thoroughly.
7. Transfer the mixture into the greased loaf tin. Try to achieve even distribution.
8. Bake in the oven for 40-45mins, until the skewer comes out clean.
9. Cool on wire tray.