



# No Flour or Yeast Bread

## INGREDIENTS

- 1 egg, lightly beaten
- 50ml milk
- 500g plain yoghurt
- 1 tsp bicarbonate of soda
- 400g porridge oats
- 2 tbsp mixed seeds
- Pinch of salt



## METHOD

1. Preheat the oven to 180°C/ gas mark 4. Grease a 2lb loaf tin and line with baking parchment.
2. In a bowl, gently mix oats, salt and bicarbonate of soda.
3. Add the milk, egg and yoghurt and mix well.
4. Pour the mixture into the loaf tin and level out with back of a spoon. Use knife to draw a line down the centre and sprinkle seeds on top.
5. Bake for 45 minutes. Remove the bread from the tin, lifting the parchment paper, before placing back in the oven for five minutes to form it's crust.
6. Leave to cool for at least 15 minutes before slicing.

Serving suggestion- enjoy with one of our sensational soups.

