



COOKING TOGETHER ...

EASY TO MAKE WHEATEN BREAD

Ingredients

1 500g tub of natural yoghurt

1 egg

1 tub of porridge oats) Use your yoghurt tub to measure these two ingredients

1 tub of wholemeal flour)

2tsp of bread soda / Bicarbonate of soda

Good pinch of salt

1tbsp of treacle

Handful of pumpkin seeds

Method

Preheat oven to 180°C

Combine egg and yoghurt in a bowl

Fill yoghurt pot with porridge oats and add to bowl.

Do the same with the flour.

Add soda, salt, treacle and seeds

Mix well to combine

Grease a loaf tin and sprinkle flour to prevent sticking

Pour mixture in tin and lightly press some pumpkin seeds on top with a spoon

Bake for 40-50 minutes (check at 40 minutes)

Tip out of tin when cooked and let it cool on a wire rack



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