

wholemeal bread

by George Dow

what you will need

3 x 7g sachets of fast action dried yeast
(or 45g/1.5 oz fresh yeast if preferred)
2 teaspoons brown sugar
2 pints of warm water
3 teaspoons salt
1.5kg/3lbs wholemeal bread flour
Poppy seeds and sunflower seeds

This recipe makes 3 loaves.
If you only need one divide everything by 3

Preparation time = 45mins

Cooking time = 40mins

**Cost per serving =
less than £1**

get cooking

Lightly grease 3 loaf tins.

Mix the yeast and sugar in a small bowl with 1 pint of warm water (not hot).

Leave in a warm place for 15-20 minutes to froth up.

Mix the flour and salt in a big bowl.

Mix in the yeast mixture.

Gradually add the rest of the water. Make sure it is warm and mix well with your hands. Add a little extra water if the mixture seems dry.

Add the poppy and sunflower seeds and mix well into the dough.

Divide the dough between the 3 greased loaf tins and then put in a warm place covered with a tea towel and allow the dough to rise for 20mins - the dough should be within 1cm/½ in of the top of the tin.

Preheat the oven to 200 C/gas mark 6 and bake the loaves for 40 minutes.

Tip out of tins and turn upside down on a wire rack.

alternatives

Use half white bread flour to make a lighter loaf.

top tips

Any loaves not being used within a day should be frozen until needed.



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