

# Time to Bake!

## Healthy Brown Bread

### Ingredients

- 270g wholemeal flour
- 60g seeds;  
linseed/sesame/sunflower/pumpkin/poppy
- 30g bran  
*(Porridge oats can be used if you cannot find bran)*
- 1 teaspoon bread soda
- $\frac{1}{2}$  teaspoon salt
- 2 dessertspoons treacle
- 350ml of buttermilk
- Some seeds for sprinkling on top



### Method

1. Preheat the oven to 180°C/350°F/Gas Mark 4 & grease a loaf tin with butter/margarine/oil.
2. Pour the flour, seeds, bran (oats) into a bowl. Sieve in the bread soda & salt.
3. Make a well in the centre of the bowl & add the milk and treacle until it forms a sloppy dough.
4. Pour mixture into a greased loaf tin & smooth down with a wet spoon, making a slight indent in the centre.
5. Sprinkle with seeds and place in the preheated oven at 180°C for 1 hour-1 hour 10 mins. *(Ovens vary)*
6. Remove from the tin by running around the edges with a knife. Turn upside down in the tin for a further 10 mins if you would like a nice crunchy crust.



**Top tip to measure the treacle-** Leave a spoon in a cup of hot water for a few minutes and the treacle should slide off it easily.

