

BROWN BREAD



INGREDIENTS

230g Plain White Flour

170g Wholemeal flour

1 heaped tablespoon of each: Bran, Sunflower seeds, pumpkin seeds and sesame seeds

1 tablespoon Olive Oil

500ml Buttermilk

1 teaspoon Bread Soda

DIRECTIONS

Preheat oven to 190 C / Gas mark 5.

Lightly grease a loaf tin (or use liner)

Mix plain flour, wholemeal flour, pumpkin & sunflower seeds & bread soda together in a bowl

Add olive oil to buttermilk and stir together

Then add wet ingredients to dry ingredients and mix well (it should be a wet mixture)

Sprinkle sesame seeds on top

Bake for approx 1 hour