

Porridge Bread

(adaptable GF/ EG/ DF/ Yeast free)

Ingredients

- 2 tsp baking soda
- 1 egg
- 1 large tub of natural yogurt (500 ml) e.g. Glenisk (or use natural soya yoghurt for dairy free)
- 2 yogurt tubs of porridge oats (use the empty yogurt tub to measure out 2 full tubs of oats. Use gluten free oats if necessary)
- ½ tsp salt
- 1 tablespoon milk (optional, replace with dairy free milk)
- 1 cup of seeds or chopped nuts

Instructions

1. Preheat oven to 180°C. Line standard loaf tin (2lbs/900g) with greaseproof paper
2. Place the yogurt, milk and egg in a bowl and mix
3. Add rest of ingredients, saving 2 tbsp. of seeds to sprinkle on top, mix well
4. Pour mixture into the lined loaf tin and sprinkle the 2 tbsp. seeds
5. Place in middle of oven and cook for 45 - 50 minutes. Check at 45 minutes by removing from oven, turning upside down and tapping base of bread. Should sound hollow. If not done, place back in oven without tin for a further 5 - 10 minutes
6. Leave to cook completely on a wire tray before serving

Tips:

You can use chia seeds as an egg substitute: 1 tbsp chia seeds, ground, add 3 tbsp water and allow to sit for 5 minutes