

Gluten free porridge Bread

Ingredients

- 2 tsp of bicarbonate of soda
- 1 Egg
- 1 large tub of natural yogurt (500 ml) - Glenisk or Supervalu Organic
- 2 yogurt tubs of Gluten Free porridge oats (use the empty yogurt tub to measure out 2 full tubs of oats)
- ½ tsp salt
- 1 tablespoon milk

- Optional: 1 cup of chia seeds, sunflower seeds, pumpkin seeds and crushed walnuts

Instructions

1. Preheat oven to 180°C / 350°F / Gas Mark 4. Grease standard loaf tin (2lbs/900g - 18.5 x 11.5 x 9cm). I use parchment paper to line the tin for easy release!
2. Place the yogurt, milk and egg in a mixing bowl.
3. Using the same empty yogurt tub to measure 2 tubs of porridge oats and add to the bowl with the bicarbonate of soda.
4. Optional - Add 1 cup of your favourite seeds/nuts at this point. Stir thoroughly.
5. Pour the batter into your loaf tin. Cut a line down the centre.
6. You can sprinkle some sunflower and poppy seeds on top at this stage.
7. Place in the oven and cook for approx. 45-55 mins (depending on your oven).
8. Ten minutes before the end of cooking time, remove the bread from the tin, turn upside down in the tin and cook for remaining 10 mins.
9. Leave to cool on wire tray