



Porridge Bread

Makes 675g loaf or 14 slices
(approximately 220 kcal per slice)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

500ml carton natural yoghurt (3% fat)
1 large egg
2 tablespoons rapeseed oil, little extra (1/4 teaspoon) to grease
2 x 500ml cartons porridge oats (375g)
2 teaspoons bicarbonate of soda (10g)

1/4 teaspoon salt (1.25g)
25g butter per slice (for spreading) (optional)

Method

Preheat the oven to 200°C/400°F. Put the yoghurt in a bowl, scraping it all out. Then rinse out the yoghurt carton and you will have no need to use scales for this clever bread recipe. Make a well in the centre of the yoghurt and add the egg and oil. Stir until mixed. Then use the carton to measure out two cartons of the oats and mix them in with the bicarbonate of soda and salt until evenly combined. Lightly oil a 675g loaf tin and tip in the oat mixture. Bake in the centre of the oven for 45 minutes until golden brown.

Remove the bread from the oven and go around the sides with a table knife to loosen out the bread and tip out on to the work surface.

Return the loaf to the oven and put straight on the oven shelf without any tin or baking sheet for another 5 minutes to dry the crust out. Leave the cooked loaf to cool down completely on a wire rack and then cut into 14 even-sized slices.

Spread each slice of porridge bread with a little butter, if liked to serve.

* Suitable for vegetarians