



HEALTHYFOOD
STUDIO

Quick SEED LOAF

INGREDIENTS

155g	155 g nutty wheat bran flour
150g	150 g cake flour
pinch	Salt
5g	Instant dried yeast
50g	Oats
20g	Digestive bran
1 5g	Sunflower seeds
5g	Linseeds
25g	Raw honey
½ tbsp	Olive oil
325ml	Water
20ml	Low fat milk
1 tbsp	Linseeds
1tbsp	Sesame seeds
1 tbsp	Poppy seeds

METHOD

- 01 Grease a 22cm x 11.5cm loaf tin well with non-stick spray.
- 02 Combine all the dry ingredients (except for the second amount of linseeds, sesame and poppy seeds) in a large bowl and mix well.
- 03 Combine all the wet ingredients, except for the milk, and combine well.
- 04 Add the water and honey mixture to the dry ingredients and mix until a soft dough is achieved.
- 05 Preheat the oven to 180°C.
- 06 Place the mixture in the loaf tin and cover gently with plastic wrap. Allow the bread to prove in a warm place to double in size.
- 07 Remove the plastic and gently brush the bread with the milk and decorate the top with the poppy, sesame and linseeds. These work best in long lines at an angle, to ensure that every slice of bread has a variety of seeds.
- 08 Bake the bread for about 30 minutes or until golden and it makes a hollow sound when the bread is tapped.
- 09 Turn the loaf out immediately to avoid it sweating in the tin and place on a cooling rack.
- 10 Allow the bread to cool completely before slicing.
- 11 The bread also freezes well, but should be defrosted at room temperature.

COOKING

1H

PREP

20
MIN

SLICES

12-14

Discovery
Vitality



WOOLWORTHS