



Ballybrado Light Rye Bread with Oats and Seeds

Ingredients

100g Ballybrado Organic Whole Light Rye Flour

350g Ballybrado Organic Whole Spelt Flour

50g Ballybrado Organic Standard Oatflakes

60g seeds of choice, e.g. chia, sunflower, pumpkin, sesame, linseed

1 sachet fast action dry yeast

1 tsp. salt

400ml tepid water

Method

1. Mix all dry ingredients in a large bowl.
2. Add the tepid water and knead to a well-combined dough for about 3-5 mins.
3. Cover the bowl with a damp tea towel and leave to rise ('prove') in a warm place for approx. 40 mins. or until double in size
4. Knead the dough again and place in a 2lb (26cm) loaf tin. Score the top with a sharp knife. Cover with tea towel and leave to rise again for 20 mins. Preheat oven to 200°C fan.
5. Dampen the top of the bread with water and sprinkle with seeds of your choice.
6. Bake in bottom of oven at 200°C for 10 mins. Then turn down the temperature to 180°C and bake for a further 40 mins. Bread should sound hollow when you tap on the bottom.
7. Leave to cool on a wire rack.

Tip: If you've run out of your favourite Whole Light Rye flour, simply substitute with Ballybrado Organic Whole Rye Flour. The flour behaves the very same, only the taste may be somewhat more intense.