

COMMUNITY CHEF BRIAN MCDERMOTT'S HEALTHY BROWN BREAD

INGREDIENTS

125g Plain Flour
Teaspoon Bread Soda
350g Whole Wheat Flour
20g Sugar
275ml Buttermilk
150g Natural Yoghurt
1 Egg
25g Donegal Rapeseed Oil



So what makes this a “Healthy Brown Bread?” First off as a result of trying to get my children to eat more fibre I felt it would be a good idea to slowly introduce fibre to their diet so I have a blend of Plain White Flour and Whole Meal Flour in this recipe. Once they are on to it slowly phase out the White Flour replacing it with the Whole Meal Flour. I have taken out butter and replaced it with Donegal Rapeseed Oil which is low in saturated fat. I have included Natural Yoghurt which also softens the bread and with reduced sugar it makes this a rewarding feel good bread which is easy to make and nutritious.

Instructions

Use a bowl and wooden spoon. Do Not Use a Mixer!!

Sieve the plain flour, bread soda and salt, add the whole wheat flour and sugar and mix thoroughly.

Beat the egg and yoghurt together and add the oil and then the buttermilk to make up to 425ml. Add the liquid to the dry flour mix and mix to form a deliberate wet mix.

Drop the mixture into floured loaf tins and bake in pre-heated oven 210°C for 35/40 minutes. Allow to cool before slicing and serving.

Tips: Wrap bread when cooled in clean, dry towel, not cling film. Bread will freeze very well. This recipe may be used to make individual wheaten scones or loaves. Two mashed bananas can be added to mix prior to dropping into tin.