

This Porridge Bread is so simple that I feel that I shouldn't even call it a recipe. It is Wheat Free, Sugar Free, Yeast Free and low GL which means that it is a slow releasing energy source.

Porridge Bread also contributes to healthy digestion due to the fibre content and cardiovascular health as the **oats** are great for controlling cholesterol in the blood due to the beta-glucan content. I also add lots of nuts and seeds, and chia seeds which are full of protein, fibre and healthy omega 3 fats.

So many people say that they love bread and eat far too much of it, indeed it can even be a trigger food for some. This recipe is totally different to shop bought white bread and as such is a healthy option. You can add things like your favourite nuts and seeds to add flavour, texture and protein/healthy fats or leave it without.

2 tsp of bicarbonate of soda,

1 Egg

1 large tub of natural yogurt (500 ml)

2 yogurt tubs of porridge oats

½ tsp salt, 1 tablespoon milk (optional)

*Can use GF oats and/or Soya Yogurt to suit preferences*

Optional: Handful of mixed seeds (chia, sunflower, pumpkin)

1. Preheat oven to 180°C / 350°F / Gas Mark 4. Grease standard loaf tin (2lbs/900g - 18.5 x 11.5 x 9cm) or use parchment paper to line the tin for easy release!
2. Place the yogurt, milk and egg in a mixing bowl.
3. Measure 2 tubs of oats. Add to the bowl with the baking soda
4. Add a handful seeds at this point.
5. Stir and mix **thoroughly**. **See my video**.
6. Pour the mix (thick) into your loaf tin and smooth downs.
7. You can sprinkle some sunflower seeds on top at this stage.
8. Place in the oven and cook for approx. 60 mins (depending on your oven).
9. 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. Leave to cool on wire tray wrapped in clean tea towel.

The trick with this recipe is to know your oven. The danger is that it looks very well cooked, but the inside is still too moist. It may take a few attempts to get it just right. If it feels slightly moist after it is cooled – don't panic – it still tastes lovely toasted. And next time leave it in longer. Freezes well.

**Nutritional Information per slice (16 slices)., 125 cals, 3.2gms fat (of which saturates 0.6), 19gms carbohydrates (of which sugars 2.5), 2.3 gms fibre, 5.5 gms protein**





## Porridge Bread

[Link to a video of making the bread](#)



<https://www.facebook.com/janicetraceynutrition/>  
<https://www.instagram.com/janicetraceynutrition/>

