

**INGREDIENTS**

One loaf

* olive oil (glug)
* 24 tbs of plain flour
* Pinch of salt
* 1 tsp yeast
* I cup of milk
* Handful of oats

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**Allergy checklist**

**There are allergens in the room and we have made the following adjustments**

**Signed**

**Dated**

**RECIPE**

**Oat topped Loaf**

**Super Good because:**

**Fibre can reduce the risk of cardiovascular disease, type 2 diabetes, hypertension, colon cancer and obesity.**

**Use wholemeal flour to make it a slow release energy food!**

**EQUIPMENT**

* Bowl
* Cling film
* Tablespoon
* Teaspoon
* Pastry brush
* Loaf tin

**METHOD**

1. Wash your hands and put your apron on
2. Check you have all your ingredients
3. Add all of your ingredients to make a rough dough.
4. Knead your dough for around 7 minutes until its springy.
5. Try not to add any flour as it may make your loaf dry, you can grease worktop.
6. Place in a lightly greased bowl, cover and allow to rise in room temperature for 1 hour.
7. If kitchen isn’t that warm you can pop in oven with just the light on.
8. Tuck and seal for 3 or 4 times until you’ve created a 9/10 inch log with the seams underneath.
9. Place the log into a lightly greased loaf pan and tent with lightly greased clingfilm and let it rise for 1-1 ½ hours
10. Dip your pastry brush into a cup of milk and brush all over top crust and sprinkle with oats.
11. Bake for 35-40 mins on 200 degree’s and turn onto a wire rack to cool before slicing\*
12. \*If making individual rolls it will only take 20 minutes