



GUIDE TO
HEALTHY EATING

Amber Barrett's

HOMEMADE BROWN BREAD

This bread is a great change from your regular sliced pan, with all the goodness of oats and yoghurt. Nuts and dried fruit can be added to make it even tastier.



INGREDIENTS

- 300g rolled oats
- 2tsp. bread soda
- 500g natural yoghurt
- 3tbsp. mixed seeds

METHOD

1. Combine all ingredients in a mixing bowl
2. Place in a baking tray and bake at 190C for 1 hour
3. Add jam, honey etc. and serve

Nuts and seeds contain healthy fats, essential for a healthy heart