

### **Porridge Bread**



**Gluten Free (use certified oats to be sure no traces of wheat if coeliac)**

**1 loaf 12 decent slices**

**150° - 180°c for 45-50 mins depending on oven!**

#### **INGREDIENTS:**

- 500g tub of Glenisk natural yogurt
- 400g Kilbeggan porridge oats / oats of your choice
- 100ml milk or buttermilk
- 2 tsp olive oil
- 2 tsp sunflower seeds or any seeds of your choice
- 2 level tsp of bread soda
- 1/2 tsp salt
- **1 egg optional**

#### **METHOD:**

Mix everything together in a bowl EXCEPT the porridge oats!

Add in the oats in stages and mix well.

I used a silicone loaf mould but if using a loaf tin grease with some olive oil.