

BEST BREAD RECIPE (EVER!!)

6 cups flour (white /nutty wheat/ whole wheat / brown / stone ground)
2 tsp salt (finely ground himalayan is best)
1 Tbs sugar
1 pkt yeast
1 Tbs oil
3 cups luke warm water

Mix dry ingredients. Add water and oil and mix. Pour into 2 bread tins or cake tins for round loaves.

Allow to rise to top of container in a warm area. Be gentle with the containers as the dough is very sift and can fall.

Bake at 190 for 10 min and then at 180 for 50 min to an hour. Loaves should sound hollow when tapped underneath.

OPTIONS:

- Add a ½ cup or so of sunflower seeds, pumpkin seeds and sesame seeds to the dry mix
- Add 1 Tbs finely chopped fresh rosemary, 2 Tbs NUTRITIONAL yeast flakes and a tsp of crushed garlic to the water and oil
- Add a handful of halved dried olives and a tsp or so of dried majoram
- ½ cup chopped softened sundried tomatoes and a Tbs of finely chopped fresh basil
- Replace one cup of water with orange juice and add ½ cup soft raisins and ½ cup flaked almonds for a sweeter loaf.