

# Wholemeal Bread

This tasty recipe has been put together by Rebecca, our Healthy Habits Coordinator. For more great health and wellbeing tips from the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

*Homemade bread is such a satisfying thing to make: you can choose exactly which flours and added extras you put in (seeds, nuts etc) and which things you don't want to add (excess salt and sugar). It also smells amazing while you bake it and the kneading and proving of the dough is so relaxing! I make this bread regularly with my youngest daughter.*

*This recipe is perfect for two small loaf tins ( 1 lb (450g) bread tins). So you get one loaf for now and one for the freezer, or to give away to a friend!*

## Ingredients

- 500g strong bread flour of your choice (I like to mix 400g wholemeal bread flour with 100g white bread flour)
- (Optional) A handful of any added extras (nuts, seeds, dried fruit, oats - I like raisins and walnuts)
- 1 sachet of dried yeast
- 2 level tsp. salt
- 1 tsp. brown sugar
- 300 ml warm (hand hot) water

## Method

1. Mix the flour, added extras, yeast and salt in a large bowl.
2. Mix the warm water and sugar together and tip into the bowl of flour. Mix with a knife until the dough starts to come together. If you need a little extra water, just add it gradually until the dough is able to be handled.
3. Once the dough is coming together as a ball-type shape, tip it onto a floured surface and knead it for around 10 minutes (a good arm workout as well as being very relaxing!)
4. Grease the bowl lightly with some oil and place the dough back in the bowl. Cover with a clean tea towel and leave the dough somewhere to rise until it has doubled in size.
5. Knock back the dough gently on your surface and split it in half. Shape it until it fits inside the two bread tins (which should be lightly greased with oil and dusted with flour).
6. Cover the dough with your tea towel and leave it to rise again until it has doubled in size. Preheat your oven to 200°C (fan 180°C, gas mark 6).
7. Bake for around 40 minutes-you should be able to lift the loaves out of the tin and when you tap them on the underside, they will sound hollow.
8. Cool on a wire rack.

This is amazing sliced and served when it's still warm with butter and a bowl of soup!

