

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM

This week, let's fill up on...

DEAD EASY BREAD



47

DEAD EASY BREAD

1 LOAF

DONE IN 1 HR



INGREDIENTS (MAKES 1 LARGE LOAF)

- 1½ mugs of plain flour, plus extra for dusting
- ½ tsp bicarbonate of soda
- ½ tsp salt
- 1 tsp black pepper
- ¾ mug of 0% fat natural yoghurt
- 1 tbsp vegetable oil



Making bread doesn't have to be difficult or time-consuming! This is the easiest way to make a fresh, homemade loaf - and it's super speedy too.

METHOD

01

Pop the oven on at 180C.

02

Place all the ingredients in a large bowl (making sure to use the same sized mug to measure the flour and yogurt) then use a spoon to mix it all together until you have a soft dough.

03

Lightly dust a baking tray with a little flour. Then, using floured hands, shape the dough into a long loaf shape and place this on the baking tray. Using a sharp knife, cut a criss-cross on the top, about ¾ of the way into the loaf. Finally, dust a little extra flour on the top of the loaf.

04

Bake the bread in the hot oven for 45 minutes until golden brown. Once the loaf is cooked, remove it from the oven and turn it upside down so you can tap the base - it will sound hollow when it's cooked. Leave it aside to cool, on a rack if you have one.

05

This bread is great sliced up and used for sandwiches, toast or with soup!

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Find out about the Healthy Start Voucher Scheme at www.endchildfoodpoverty.org

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