

Energising Bread

By Barbara 'Chopper' Wright

Put oats into a bowl, pour in the milk and leave for 30 minutes.

Pre-heat oven to 180°C.

Lightly grease and line a 1 kg loaf tin.

Sift flour and baking powder into a bowl. Stir in rolled oats, milk, dried fruit, sugar, cinnamon, honey, egg and almonds and mix well.

Spoon the mixture into the tin, level the top and sprinkle with extra almonds.

Bake loaf for 45 minutes or until it is golden brown on the top and cooked through.

Leave to cool in the tin before turning out onto a wire rack to cool.

At home, toast and serve with ricotta and a dribble of honey.

Ingredients

- 50g rolled oats
- 300ml milk
- 240g self raising flour (you can use wholemeal)
- 1 tsp baking powder
- 125g dried cranberries
- 50g dried apple slices
- 75g soft brown sugar
- 1 tsp cinnamon
- 3 tabs honey
- 1 egg
- 2 tabs roughly chopped almonds

