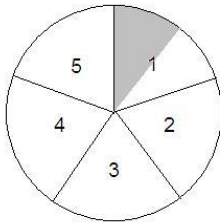


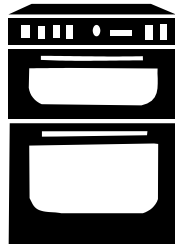
# Raisin & Walnut Bread

Makes 10 slices

Portions of fruit & vegetables per serving:  $\frac{1}{4}$



Oven needed



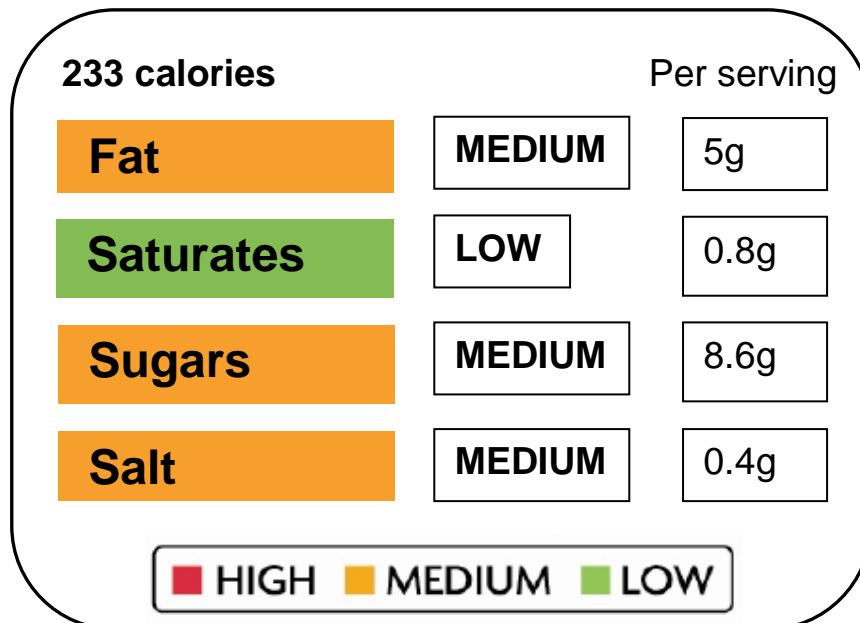
Ingredients	Amount	Preparation
plain flour	400g (14oz) plus extra to sprinkle	
porridge oats	50g (2oz)	
bicarbonate of soda	1 teaspoon	
raisins	75g (3oz)	
walnut pieces	50g (2oz)	chopped
natural low-fat yogurt	250ml (9fl oz)	
semi-skimmed milk	175ml (6fl oz)	

Please Turn Over



## Method

- 1 Pre-heat the oven to 200°C/gas mark 6. Sprinkle a little flour onto a baking sheet.
- 2 Put the flour, porridge oats and bicarbonate of soda into a large bowl. Add the raisins and walnuts and stir everything together.
- 3 Stir the yogurt and milk together in a jug and then pour into the dry ingredients and mix gently with a knife to make a very soft ball of dough.
- 4 Knead lightly once or twice and then put the ball of dough on the baking sheet and pat down a little to make a thick circle.
- 5 Cut a deep cross in the top of the loaf with a knife, then bake for 30-35 minutes.
- 6 Remove from the oven and wrap the loaf in a clean tea towel then cool it on a rack before serving.



## Handy Hints

- Don't over mix the dough or the loaf will be tough.
- Try using different combinations of dried fruit and nuts.
- Split into smaller balls to make mini-loaves.

