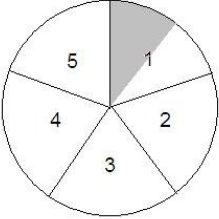


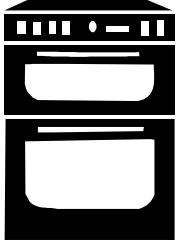
Raisin & Walnut Bread

Makes 10 slices

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



Oven needed



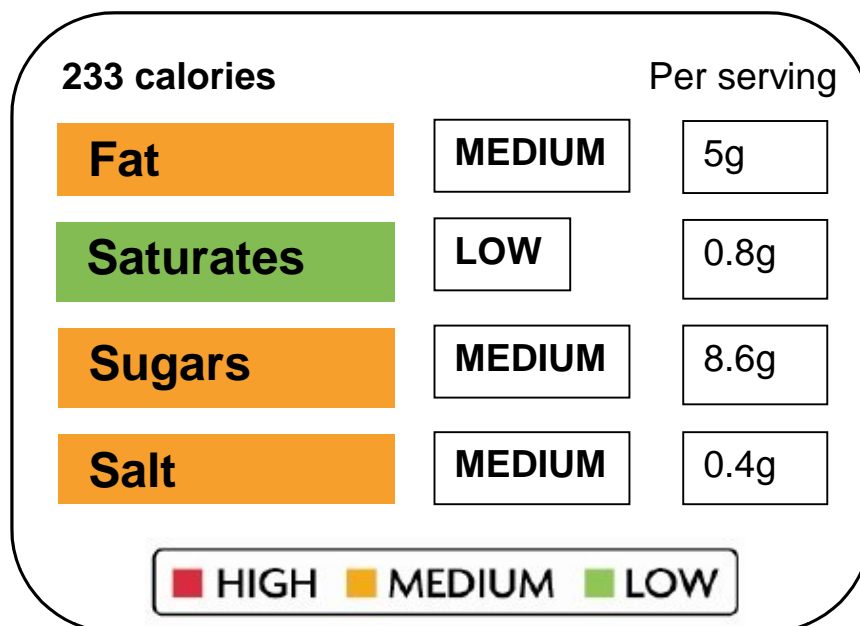
| Ingredients | Amount | Preparation |
|------------------------|------------------------------------|-------------|
| plain flour | 400g (14oz) plus extra to sprinkle | |
| porridge oats | 50g (2oz) | |
| bicarbonate of soda | 1 teaspoon | |
| raisins | 75g (3oz) | |
| walnut pieces | 50g (2oz) | chopped |
| 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.

