



Green pea bread

(makes 1 loaf)

For baking enthusiasts here are two recipes that are sure to become family favourites. Easy to make traditionally or in a bread machine, we have simply replaced part of the wheat flour with green pea and hemp flour. Two healthy, delicious and rich in fibre breads that you will definitely enjoy.

Ingredients

150g fresh or defrosted frozen peas
300g strong white bread flour
7g dried yeast
1g salt
150g tepid water (warm)
30g hemp oil

Method

1. Mix the yeast in warm water.
2. Heat the oven to 200°C/180°C fan/gas 6.
3. Blend the peas and mix together thoroughly with flour and salt.
4. Add the water/yeast mix and oil to the dry ingredients, mix and form a ball.
5. Knead the dough for 5-10 minutes or until firm and non-sticky.
6. Transfer to a greased loaf tin and cover with clean bag or tea towel.
7. Prove for about 60 minutes in warm area (or until doubled in size).
8. Transfer to the pre-heated oven and bake until done, approximately 25-30 minutes.
9. Cool on a wire rack, slice up into portions.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1066kJ 252kcal	8.1g	6.2g	0.8g	43.9g	0.9g	3.7g	0.18g