

BAKING POWDER BREAD

Prep time: 10 minutes
Cook time: 35-45 minutes
Serves 6 people



INGREDIENTS

- 4 cups cake flour
- 1 cup bran flakes (grounded)
- ½ cup ground pumpkin seeds (you can use any type of seed in your pantry)
- ½ cup ground almonds
- 2 tbsp baking powder
- 2 cups milk or water
- Pinch of salt

INSTRUCTIONS

1. Mix all dry ingredients together.
2. Slowly add the liquid, folding it into the dry ingredients to form a dough mixture. Take care not to stir the mixture too much, to ensure it rises well.
3. Add something yummy to the mixture for extra flavour, like sweetcorn, dates, raisins or chocolate chips.
4. Rub the inside of a cast-iron bread pot with butter or olive oil and transfer the dough into the pot.
5. Put the lid on the pot, but inside out. Place some hot coals on the upturned lid, to ensure the bread bakes from the top as well.
6. Bake over medium coals for 35 - 45 minutes. Ensure your pot is positioned high enough over the coals so that the bread bakes slowly and does not scorch.
7. If you are using your oven or gas braai, preheat to 180 °C, then bake for 45 minutes.
8. To test if your bread is done, insert a kebab stick. If it comes out clean, your bread is ready.
9. Turn the bread out on a bread rack and allow to cool for 5-10 minutes before slicing.

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