



Hemp bread

(makes 1 loaf)

Ingredients

320g strong white flour	1½ tablespoon of hemp oil
150g hemp flour	1½ tablespoons of brown sugar
55g shelled hemp seeds	7g of dried yeast
1 tsp of salt	350g of warm water (tepid)

Method

1. Stir the sugar, yeast and warm water together and leave to stand for about 10 minutes.
2. Mix the flours, some of the hemp seeds and salt in a bowl, make a well in the centre and drizzle round the oil.
3. Pour half of the wet mixture into the flour bowl and mix with a spoon, then add the remainder of the liquid and mix well.
4. Use some flour for dusting the worktop and knead the mix for about 8 minutes.
5. Roll the mix up tightly and place into an oiled loaf tin.
6. Dust your hands with flour if needed and knead the mix into the corner of the tin.
7. Preheat the oven to 200°C/ 180°C fan/gas 6.
8. Cover the tin with a dishcloth or clean polythene bag and place somewhere warm, to prove the loaf for about 40 minutes.
9. Once the loaf has proved sprinkle the rest of the hemp seeds on top and place the tin directly into the oven and cook for about 35 minutes.
10. If you feel the bread is not quite ready, remove it from the tin and put back in the oven until ready.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1147kJ 236kcal	12.7g	7.2g	0.8g	42.1g	2.8g	8.9g	0.7g