

## Seeded spelt loaf

### Ingredients

500g spelt flour

10g dried active yeast

½tsp salt

1 dessert apple grated

55g sunflower seeds plus extra for topping

55g sesame seeds

55g linseeds

500g/ml Warm water

### Method

This is the best bit. It's so quick!

1. Mix the dry ingredients together and mix in the water.
2. Stir well - this recipe doesn't need kneading
3. Scrape the dough into a 2lb greased loaf tin.
4. Bake in a hot oven (200°C 180°C fan) for 60 minutes.
5. Remove from the tin and bake for another 5 to 10 minutes.

As with all bread, leave to cool before serving.

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