

Porridge Yoghurt Loaf

Serves: 6-8

Prep: 10 mins

Bake: 60 mins

Ingredients

- 150g porridge oats
- 150g porridge oats, blitzed
- 1 tsp salt
- 1 tsp bicarbonate of soda
- 2 tbsp (25g) mixed seeds (I used pumpkin & sunflower)
- 500g natural yoghurt
- 1 medium egg
- 2 tbsp (30g) treacle
- 1 tbsp (10g) mixed seeds for the top of the loaf

Method

- Preheat your oven to 200°C (180°C fan) and line a 2lb loaf tin with parchment so it's ready to go.
- In a large mixing bowl, combine the porridge oats, blitzed oats, salt, bicarbonate of soda, and 25g of mixed seeds.
- In a separate bowl, whisk together the egg, yoghurt, and treacle until smooth and well blended.
- Pour the wet mixture into the dry ingredients and stir until you have a thick, hearty batter.
- Spoon it into your prepared tin, smoothing the top, and scatter the remaining 10g of mixed seeds over for a lovely crunchy finish.
- Bake for 30 minutes at the initial temperature, then reduce the oven to 170°C (150°C fan) and bake for a further 30 minutes until the loaf is firm and golden.
- Once baked, turn it out carefully onto a wire rack and let it cool completely before slicing, it's worth the wait!