

Pizza Bread & Fruit Bread

Ingredients

Basic recipe

- 1 packet/500g Juvella Low Protein Mix
- 1 sachet dried yeast (supplied with pack)
- 2 tablespoons vegetable oil
- 450ml/15fl.oz tepid/warmish water (40°C)

Pizza Bread

- 1 teaspoon salt
- 4 tablespoons pizza toppings
- 1 teaspoon mixed herbs
- 1 small onion, chopped
- 75g/3oz mushrooms, chopped

Fruit Bread

- 1 tablespoon black treacle
- 125g/5oz mixed dried fruit

Method

1. Mix together the Juvella Mix and the yeast in a large bowl. Stir in the oil and water. Beat well until a smooth glossy batter is obtained. Divide the mixture evenly between two bowls.
2. To make the pizza bread, stir in the extra ingredients and mix well. Transfer the mixture into a greased half litre (1lb) loaf tin. Smooth the surface and brush with oil. Loosely cover with cling film and place in a warm place to prove, i.e. to rise. (Approx. 30 minutes).
3. To make the fruit bread, stir in the extra ingredients to the remaining batter and mix well. Transfer the mixture to a greased half litre (1lb) loaf tin. Smooth the surface and brush with oil. Loosely cover with cling film and place in a warm place to prove, i.e. to rise (Approx. 30 minutes, until golden brown).
4. Bake in a preheated oven for approx. 25 minutes, until golden brown. Cool on a wire rack.
5. Cut into slices and serve with butter, or whatever you prefer.



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