Brown Bread

Ingredients

290ml water, warm

200ml SnoPro

500g Loprofin Mix

9g psyllium husks

4 tablespoons olive oil

3g sugar

1 sachet dried yeast (comes with Loprofin Mix)

2g fine salt

Oven temperature: 220°C/425°F/Gas Mark 7

Method

1. Lightly grease a 2lb and a 1lb loaf tin or three 1lb loaf tins.
2. Place the warm water and SnoPro into a bowl, add the dried yeast and stir.
3. Add the sugar and psyllium husks to the bowl, stir and allow to stand for 10 minutes until the mixture thickens.
4. Add the olive oil, Loprofin mix and salt to the thickened mixture and beat for 2-3 minutes.
5. Divide the bread mixture between the loaf tins and brush the tops of the loaves with oil.
6. Leave the dough to rise in a warm place for 30 minutes or until it has doubled in size.
7. Bake in a preheated oven for 30 minutes or until it turns golden brown.
8. When cooked, remove from the tin and leave to cool on a wire rack.