



Healthy Plant-based Recipes:

Chanel's Bread

Ingredients

- 3 ½ cups of wholewheat flour
- 5 Tablespoons extra flour (can be more of the wholewheat flour or can use other flours to add variety)
- 4 Tablespoons olive oil
- 3 Tablespoons honey
- 2 teaspoons salt
- 1 sachet of yeast (or 2 teaspoons of yeast)
- 350 ml water

Method

- Put ingredients in bread maker and select wholemeal setting