



Carob bread

1 hour

Hands on

10-12

Portion(s)

1

Difficulty



Ingredients

- 500 g hard flour
- 150 g carob flour
- 10 g molasses
- 15 g salt, fine
- 18 g yeast
- 1 tablespoon(s) olive oil
- 400 ml water

Διατροφικός πίνακας

Nutrition information per portion

180 Calories (kcal)	1.6 Total Fat (g)	0.3 Saturated Fat (g)	35.0 Total Carbs (g)
9%	2%	2%	13%
4.3 Sugars (g)	6.0 Protein (g)	1.4 Fibre (g)	1.2 Sodium (g)
5%	12%	6%	20%

Method

- Preheat oven to 200* C (390* F) Fan.
- Add all of the ingredients in a mixer's bowl.
- Beat on medium speed using the hook attachment, until the mixture starts to pull back from the sides of the bowl and a nice dough is formed.
- Transfer to a bowl that you have brushed with some olive oil.
- Allow it to rest and rise for 30 minutes.
- Then, shape the dough in to a small loaf and transfer to a baking pan lined with parchment paper.
- Bake for 25 minutes.
- When ready, remove from oven and set aside to cool.
- Serve.