

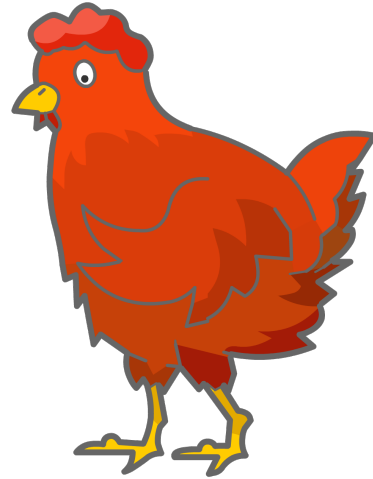


Little Red Hen's Bread Recipe



You will need:

- 1 cup strong wholewheat flour
- 1/3 cup warm water (not hot)
- 1 teaspoon dried yeast
- 1 teaspoon oil
- 1/2 teaspoon honey or sugar
- 1/2 teaspoon salt



What to do:

1. Mix all the ingredients together in a mixing bowl with a wooden spoon to make a soft dough
2. Flour your hands and gather the dough all together into 1 ball
3. Knead on a floured board for several minutes
4. Shape it - Little Red Hen likes to make a plait
5. Brush with salt water for a nice crust

Leave in a warm place until doubled in size. (around 40 minutes depending on the temperature).

Bake in a hot oven 230°C / Gas Mark 8 for about 30 minutes.

Leave to cool then enjoy your lovely fresh bread.

