

Spelt Bread

Ingredients:

3½ cups spelt flour
340ml water (White) - 360 ml water (Wholemeal)
1½ tsp Yeast 2 tsp Salt
1½ T milk powder (optional)
2 tsp Sugar
1 tsp Bread Improver (optional)
1 T oil

Method:

Place all ingredients in the machine. Bake on basic setting or quick bake setting. The gluten in spelt does not like as much kneading as wheat and if over kneaded will not rise as well.

