



Spelt Bread

Yield: 1 Round Loaf
Preparation Time: About 15 minutes
Cooking Time: About 30 – 35 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 4 ¼ cups (1,050mL) whole-grain spelt flour• 2 tsp (10mL) baking soda• 1 ½ tsp (7mL) salt• 1 ¾ cups (425mL) plain yogurt• ¼ cup (50mL) honey• ¼ cup (50mL) spelt flour	<ul style="list-style-type: none">• measuring cups and spoons• large-sized bowl• small-sized bowl• fork• liquid measuring cup• spatula• bench scraper• cookie sheet with parchment• sharp knife• wooden skewer

Method:

1. Preheat oven to 205 C (400 F).
2. Measure the **flour**, **baking soda** and **salt** into a large bowl. Whisk together with a fork or clean hand.
3. Measure the **yogurt** and **honey** together in a small bowl. Mix together well.
4. Add the **yogurt mixture to the flour mixture**. Stir together until all ingredients are moist. The dough will be wet and sticky.
5. Spread ¼ cup (50mL) of **flour** on your work surface. Flour your hands. Scrape the dough onto the flour. Shape into a round ball.
6. Place on a parchment lined cookie sheet. Gently flatten the dough into a disk the size of dinner plate.
7. Lightly sprinkle a little flour on top of the dough.
8. With a sharp knife, slash an X across the top of the dough.
9. Bake in the oven for about 30 – 35 minutes or until golden on top and a skewer comes out clean when poked in the middle of the bread.
10. Let cool on a cooling rack before slicing.