

Bread and Vegetables

Bake your bread with vegetables or fruits. Easy baking.

Ingredients

500 g Wheat flower
500 g Whole cereal flower
250 g Stuffed olives
200 g Paprika
750 ml Water
1 packet active dry yeast
5 g Sugar or honey



Preparation

Combine the flower ,sugar, yeast and water in a large mixing bowl, or use a food processor to stir until dough forms. Let it rise for two hours at a warm place.

Place half of the dough in a low metallic form outfitted with baking paper.

Distribute the vegetables on the dough. Cover everything with the remaining dough



Baking

Bake at 200°C in a fan oven for 45 minutes
Time may vary according how flat your bread is formed.



Remember: Add no fat, oil or margarine. Fat and oil cracks your calorie counter. The humidity of the vegetables turns the bread easy to separate from the baking paper.
Don't add salt. Olives are already salty enough.

Frozen spare servings: The bread can be portioned and frozen, so you can use the servings whenever your are out of time. It spares energy and work. Frozen spare servings will be ready to serve in your microwave oven in two minutes.