

# Spelt, sunflower and honey loaf



Spelt is an ancient grain and the flour has a nutty, slightly sweet flavour which makes a delicious and nutritious loaf.

**Makes** 1 loaf | **Prep** 15 minutes + 1 hour 35 minutes proving time | **Cook** 35 minutes

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## Ingredients

500g wholemeal spelt flour  
1 teaspoon quick yeast  
2 teaspoons honey  
3 tablespoons sunflower seeds  
1 teaspoon Halen Môn\* sea salt  
320ml tepid water  
1 tablespoon oil

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## Method

- 01** Put the flour, yeast, honey, sunflower seeds and salt into a large bowl and blend them together.
- 02** Stir in the water and the oil. Using your hands gather everything together into a doughy mass.
- 03** Knead dough in the bowl or on a work surface for 5 minutes.
- 04** Cover the dough bowl with cling film and leave it in a warm place to double in size, which will take about an hour.
- 05** Tip the dough onto a floured surface and knead the dough for another 5 minutes. Shape the dough and put it on a greased baking tray. Loosely cover with cling film and leave it to rise in a warm place for 35 minutes.
- 06** Pre-heat the oven to 200°C fan/425°F/Gas 7 to bake the loaf for 30-35 minutes. You will know it's done when the bottom sounds hollow when tapped. Leave to cool on a wire rack.

