

Ingredients

1 tablespoon water

A pinch of salt

1 teaspoon rapeseed / olive oil

A zip lock bag

1 ½ tablespoons white flour and 1 ½ tablespoons brown flour, **or** 3 tablespoons spelt flour

Method

Preheat oven to 180 degrees Celsius.

Add tablespoon of water in Ziplock bag then pinch of salt and a teaspoon of oil then shake together.

Add sieve-measured flour then mix in bag until texture looks like moist play dough, but not sticky. If sticky, add a dust of flour and mix.

Release air from Ziplock bag then roll dough until it's flat.

Cut bag at the side then transfer dough to tray.

Use knife to score lines so that it gives an outline for square pieces of bread around 3-4cm square – enough for the number of people in your family

After 5 minutes in the oven, reinforce line in bread then bake for another 10 minutes.