The following Molasses bread recipe is just the thing for a chilly day. Easy to make, smells great while cooking and tastes magnificent.

A couple of slices with cheese is a meal in itself.

This is an age olde recipe was supplied by an ecobites member. Her family still make this bread as a family treat during the cold months in Switzerland. When she used to wake up on a cold winters morning, she remembers well the smell of molassess wafting through the house.

The quantities are for three small loaves.

You will need:

6 cups organic wholemeal flour, 2 cups rolled oats, 1/2 cup organic molasses, 1 sachet dried yeast, 1 teaspon celtic salt, 2 teaspoons rapadura sugar.

Method:

Dissolve sugar in 1/2 cup hot water, then add cold water until luke warm.

Sprinkle yeast on top and leave in a warm place to froth up.

Dissolve molasses in hot water, add a few cups of cold water and set aside.

Mix flour, salt and oats in a mixing bowl.

When yeast is ready, mix into the dry ingredients, followed by the molasses.

The dough should be thoroughly moist, but firm.

(Feed any leftover molasses in the chooks mash!).

Knead dough in plenty of wholemeal flour (the dough is fairly sticky).

Put dough back into mixing bowl and allow to rise in a warm place until it doubles its bulk.

Knead again, cut into 3 equal portions, place in greased bread pans and let rise again.

We cook the bread in a woodstove at about 175 degres C (350 deg F) for approximately and hour.

When ready, turn out onto a cooling rack.

Enjoy!

{mosgoogle}