



Easy Spelt Bread

Jacob · 28/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

30

Description

This easy spelt bread is made with spelt flour and no yeast and couldn't be simpler to make Bonus You won't have to wait all day to enjoy fresh bread

Ingredients

- - 8 cups spelt flour - 4 ¼ cups milk - ½ cup sesame seeds - 1 tablespoon blackstrap molasses - 2 teaspoons baking soda - ½ teaspoon salt
- or to taste

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease two 9x5-inch loaf pans. Combine spelt flour
2. milk
3. sesame seeds
4. molasses
5. baking soda
6. and salt in a large bowl until well blended; divide batter evenly between the prepared pans. Bake in the preheated oven until golden
7. about 1 hour and 10 minutes. Tips Placing a tin of the same size over the top of the loaf while baking gives it a lovely crust. You can also use honey instead of molasses
8. if liked.