

More than 1 hour

Makes 1 loaf

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Ingredients:

- ½ cup (50g) rolled oats
- ½ cup (50g) each pumpkin seeds and flaxseeds
- ⅔ cup (100g) Nutty Wheat (bran) flour
- ⅔ cup (100g) self-raising flour
- ½ tsp (3ml) bicarbonate of soda
- 1 tsp (5ml) fine salt
- 2 eggs
- ⅓ cup (80ml) canola oil or olive oil blend
- ½ cup (125ml) low-fat milk
- 1 Tbsp (15ml) honey
- ½ tub (125g) ricotta cheese
- ½ cup (125ml) PnP double-cream plain yoghurt
- 2 large (about 250g) beetroots, peeled and grated

Method

1. Preheat oven to 180°C.
2. Line a 25x10cm loaf tin with baking paper and non-stick spray.
3. Combine oats, seeds, flours, bicarb and salt.
4. Beat eggs in a separate bowl with an electric whisk for 1-2 minutes.
5. Add oil, milk and honey and whisk to combine evenly.
6. Add wet ingredients to dry ingredients.
7. Whisk ricotta and yoghurt in a separate bowl until smooth, then add to bread mixture with beetroot.
8. Spoon dough into loaf tin and bake for 55-65 minutes or until an inserted skewer comes out clean.

9. Cool in loaf tin for 15 minutes, then remove and cool completely on a wire rack before slicing.
10. Eat bread within 2-3 days, or freeze slices for later use.

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