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THE COTSWOLD FLOUR MILLERS  
est 1912

# Spelt & Honey Recipe

(Makes 2 small or 1 large loaves)

## Ingredients:

Spelt Flour	500g
Honey	1 tbsp
Salt	½ tsp
Fast acting Yeast	1 pack
Warm Water	400 ml
Olive Oil	1 tbsp

## Method:

1. Mix the flour, salt, and yeast in a large bowl.
2. Dissolve the honey in a warm bowl and mix in the dry ingredients.
3. While the dough is rough, add the oil and mix.
4. Knead the dough for a few minutes and divide between 2 x 500g bread tins.
5. Cover and leave for around 25 minutes.
6. Bake in a pre-heated oven (200°C) for 40-45 mins

