

FLOUR WATER SALT YEAST.

How to Bake Bread.



Baking your own bread is a real pleasure and it is one good step towards re-gaining control of your food and your life.

It's simple really. You don't need years of experience, expensive equipment or hours of free time to make a great loaf. All you really need are the four basic ingredients listed above and the spirit to give things a go.

If you would like some friendly support or guidance please get in touch.



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