

MOIRA & DAVID'S FOLD-IN-THE- CHEESE BREAD



HCC
WELLNESS
AT HOME



@utmhccwellness

INGREDIENTS

- 250 mL/1 cup flour
- 250 mL/1 cup whole-wheat flour
- 20 mL/4 teaspoons baking powder
- 2 mL/1/2 teaspoon salt
- Dash of black pepper
- 250 mL/1 cup shredded cheese
- 250 mL/1 cup milk
- 1 egg
- 30 mL/ 2 Tablespoons olive oil
- 15 mL/1 Tablespoon Dijon mustard

INSTRUCTIONS

01

Preheat oven to 375 degrees F. Grease and flour a 9" x5" loaf pan.

02

In a large bowl, sift together the flours, baking powder, salt and pepper; mix well.

03

Fold in the cheese!

04

In a separate small bowl, whisk together the milk, egg, oil and mustard.

05

Pour the egg mixture into the flour mixture and stir until all ingredients are just moistened (batter will be lumpy).

06

Pour batter into loaf pan -- sprinkle more cheese on top of loaf (optional) -- bake (using the middle rack of the oven) for 35-40 minutes, or until an inserted toothpick comes out clean

