



SUNSHINE BREAD MAKING

Who doesn't love baking fresh bread on a cold or wet day. Luckily, you can sneak some sunshine into your kitchen with this brilliant recipe for sunshine bread. Depending on your preferences you can either add sunflower seeds, chopped sundried tomatoes or both!

YOU WILL NEED

- 250g of strong wholemeal bread flour
- 250g of strong white bread flour and extra for later
- 7g of dried yeast
- 1 beaten egg
- ½ teaspoon of salt
- 1½ tablespoons of olive oil
- 325ml warm water
- Sunflower Seeds (Optional)
- Baking sheets
- Scissors
- Pencil

1

Take your baking sheet and lightly draw two 1-inch diameter circles and a small sausage shape underneath to resemble a smile. Using scissors, gently cut out each part of your smile. Afterwards, put these pieces safely to one side.



2

In a mixing bowl, mix your flours, yeast and salt. Add a handful of sunflower seeds and 50g of finely sliced sundried tomatoes (optional), but make sure your tomatoes are patted dry first.



3

Make a dip in the middle of your flour mix and add your oil. Then add your warm water and mix until you form a dough.

4

Dust a clean surface with flour and knead your dough mix. After ten minutes, make sure your dough is smooth and stretchy.



5

Next, grease a mixing bowl with olive oil, add your dough and cover it with oiled cling film. Leave your dough in a warm room for 120-minutes or until the dough rises to twice its original size.





6

Before shaping your risen dough, punch it to get the air out and knead for a further several minutes. It's now ready to shape.



7

Roll your dough out into a long cylinder. Cut a large piece of dough and shape it into a small circle to make your sun. With your remaining dough, make 10 or so equal teardrop shapes to form your sun's rays. Afterwards, arrange these around the sun.



8

Place your sunshine bread on a piece of greased baking paper, then place this on top of a large baking tray. Slash a line in each of your rays then cover your dough with oiled cling film again and leave for 30 minutes or until your dough has risen again.



9

While you're waiting for your dough to rise, preheat your oven to 230-degrees celsius, or 210-degrees celsius on the fan setting.



10

After your dough has risen again, gently place your cut out pieces of baking paper on your bread to make a face stencil. Use a sieve to lightly dust your bread with white flour and then carefully take your baking paper away, leaving a smiley face.



11

Beat the egg & brush over the bread (avoiding the flour). Carefully place the baking tray in the oven and bake for 20 minutes or until brown. If it browns too quickly, cover it in foil. Finally, take your sunshine bread out of the oven and enjoy!



Did you know Vitamin D is created in the body from sunlight on your skin and helps to support the normal function of your immune system?

Unfortunately we don't always get sunshine in the UK so at Arla Big Milk we fortify our fresh whole milk with vitamin D. Supporting you and your little ones no matter the weather!