



# Cottage Cheese Oat Bread

Dr Laura Winess

**SERVES: 12**

**TIME TO MAKE: 1HR 15MINS**

**ALLERGENS: EGG, MILK**

Hamlyns of Scotland, a family-owned business, has been producing oats in Scotland since 1965.

## Ingredients

- 220 g Hamlyns Scottish Porridge Oats
- 200 g reduced fat cottage cheese
- 2 eggs
- 1 tsp baking powder
- 1 tbsp chia seeds
- 3 tbsp ground flaxseeds
- 2 tbsp chopped chives (fresh or dried)
- 30 g pumpkin seeds



## Notes

This recipe combines creamy cottage cheese with hearty Hamlyns oats, creating a nutritious and flavourful bread that highlights local ingredients.

## Method

1. Preheat the oven to 180°C/ fan 160°C/ gas mark 4.
2. Mix the oats, baking powder, seeds and chives in a bowl.
3. In a separate bowl mix the eggs and cottage cheese until combined.
4. Add the wet ingredients to the dry ingredients and mix until it's a soft dough and can be shaped into a loaf.
5. Place the dough onto a baking tray lined with greaseproof paper.
6. Bake in the oven for 60 minutes.
7. When the bread cools, slice it up and freeze the slices you won't eat within a day.  
The bread doesn't store long fresh, but it freezes well.

|     | ENERGY   | FAT   | SAT FAT | SUGARS | SALT   | CARBS  | PROTEIN | FIBRE |
|-----|----------|-------|---------|--------|--------|--------|---------|-------|
|     | 124 kcal | 4.9 g | 0.9 g   | 0.8 g  | 0.23 g | 13.0 g | 6.0 g   | 2.8 g |
| %RI | 6%       | 7%    | 5%      | 1%     | 4%     | 5%     | 12%     | 9%    |

Per 1 slice (46 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)