

How to make Neolithic-style bread

(makes about 6 small breads)

This type of bread is like the kind people might have eaten in the Stone Age. People in the Neolithic period would crush grains and then mix them with water or milk to make flat breads. They sometimes added seeds or herbs for flavour. They cooked them on hot stones or in simple clay ovens.



Ingredients

- 100g rolled oats
- 50g wholemeal shredded wheat biscuits, crushed
- a pinch of mixed herbs (or celery seeds)
- 3 tablespoons milk
- 70g plain natural yoghurt
- 1 teaspoon runny honey (optional)

Equipment

- mixing bowl
- wooden spoon
- baking tray lined with baking paper
- rolling pin (or clean hands for flattening)
- wooden spoon handle or clean stick for making a hole
- oven (adults only)



Method

1. Mix the dry ingredients

Put oats, crushed wheat and herbs (or seeds) into the mixing bowl.

2. Add wet ingredients

Stir in yoghurt or milk (add honey if you like) until it sticks together.

3. Shape the breads

Take a small handful and flatten to about 1 cm thick.

4. Make the hole

Push your clean finger (or a spoon handle) through the middle.

Make it wide enough so it doesn't close up in the oven. If the dough breaks when you make the hole, just press it back together and smooth it over with your fingers.

5. Bake

An adult will put them in a preheated oven at 180°C for 15 - 20 minutes, until they are firm and golden at the edges.

6. Cool and eat

Let them cool and harden on the tray before lifting off to taste.

Fun facts!

The bread was flat and small because it was made without yeast. Yeast is what makes bread that we eat now rise and go fluffy. Without yeast, the breads stayed flat.

Archaeologists have found breads from the Neolithic period with holes in the middle. The holes might have helped the bread cook more evenly or simply made it easier for people to carry it on sticks or strings - historians aren't certain!

