

## SANDWICH BREAD IN A TIN CAN

### INGREDIENTS:

❖ Water (warm)	1 Cup
❖ Olive oil	1 TBSP
❖ Egg	1 ea
❖ Salt	to taste
❖ Sun-dried tomato	¼ Cup
❖ Parmesan cheese	⅓ Cup
❖ Whole wheat flour	1 Cup
❖ All purpose flour	2 Cups
❖ Yeast	1 TBSP

### METHOD:

1. Mix 1 Cup all purpose flour, yeast and warm water, mixing well until smooth, add remaining ingredients into the bowl all at once and mix to form a dough.
2. Spray insides of two tall tomato-juice-size cans with non-stick cooking spray or carefully grease them.
3. Divide dough in half in equal piece and place it inside the cans
4. Cover cans with a clean dry dish towel and let rise for an hour
5. Place cans in cold oven
6. Turn oven on to 400 degrees and allow bread to heat inside oven for 15 minutes
7. After 15 minutes, turn oven down to 350
8. Let bake for 15 more minutes at 350
9. Let cool and enjoy!

