



## **Parmesan & Parsnip Bread**

This recipe will make 8 servings.

This bread combines the sweetness of parsnips, with the sharpness of parmesan cheese, to create a crusty loaf - perfect when fresh from the oven. Then simply spread with butter or dunk into hot soup. Why not split the dough into 4 - 6 pieces, to make small crusty rolls.

### **Ingredients**

200g (8oz) of Juvela Fibre Mix  
¼ tsp of salt  
175g (7oz) of parsnips, peeled and grated  
50g (2oz) of grated parmesan cheese  
1 tbsp of fresh sage, finely chopped  
2 medium eggs, beaten  
2 tbsp of milk

Oven temperature 190oC/350oF/Gas Mark 5

### **Method**

1. In a large bowl, combine the Fibre Mix, salt, parsnips, parmesan and sage.
2. Beat the eggs and milk together and gradually add to the bowl (you may not need all the liquid).
3. Bring the mixture together with your hands, to form a dough.
4. Transfer to a greased baking tray and pat gently into a 15cm (6 inch) round.
5. Bake in a preheated oven for 30 - 40 minutes, or until golden brown.
6. Remove from the oven and allow to cool on a wire rack

This is delicious served hot or cold.