

This is a recipe for how to make some bread that's a bit like bread the Vikings might have made and eaten

You could make this bread if you can be bothered. It is quite complicated.



3 cups whole wheat flour, 2 cups all-purpose flour

1 tsp. baking soda, 1 tsp. salt, 2 cups water

3/4 cup rolled oats

1/3 cup rolled oats {for sprinkling on top}

You could maybe mix all dry ingredients and then add some water. Stir all of the ingredients with a spoon for a while.

Push the dough around with hands until flour is gone.

First, form the dough into a round, chuck it on a tray.

If you want you can sprinkle with more oats, and place it in an oven.

375-degrees for an hour.

After an hour, take it out. Eat it.