

What is Porridge Bread?

Porridge bread is when oats are used as an ingredient for cooking bread. Keep reading to see my super easy, low calorie porridge bread recipe!

Is Porridge Bread Better Than Bread?

It is said that oats are more filling than bread so by including oats in your bread recipe, you end up with a more filling option.

Recipe For Porridge Bread - How To Make Porridge Bread

“Bernies Porridge bread” Recipe - low calorie bread recipe

Makes: 14 Slices Calories: 95Kcal per slice

Ingredients:

- 200g Wholemeal Flour
- 75g Oats
- 30g Sugar
- 1/2 tsp Salt
- 50g Pinhead Oats

- 1 tsp Bread Oats
- 350ml Buttermilk
- 1 tsp Oil

Method:

This recipe is incredibly easy. Simply mix all ingredients together and bake at 190° Celsius for 40 minutes! **Let's break that down a bit!**

Step 1: Mix your dry ingredients



Step 2: Add your buttermilk and oil



Step 3: Mix Well



Step 4: Add to your baking tin



Optional Step 5: I added seeds to the top!

Step 6: Cook at 190° Celsius for 40 minutes in the oven. In this case, I used the Air Fryer at 22 minutes on 180°. I preheated the air fryer first.



Step 7: ENJOY!





Bernie's Porridge Bread

14 SLICES

95KCALS

You will need:

200g Wholemeal flour

75g Oats

30g Sugar

Half teaspoon salt

50g Pinhead oats

1tsp Bread soda

350ml Butter milk

1tsp Oil

Mix all the ingredients together.

Bake at 190 degrees for 40 minutes.

Is Porridge Bread Fattening

My healthy porridge bread recipe is not fattening. I have gone with a low calorie options which is high in fibre and is great for weight loss!

Is porridge bread good for losing weight?

Porridge bread can be good for losing weight. Why? Firstly, as it is more filling than normal bread, it may prevent you snacking between meals. Also, the wholegrains and fibre found in the oats are very helpful for losing weight.

Is Porridge Bread Good For You | Healthy Porridge Bread

This porridge bread recipe is certainly good for you with wholegrains and fibre included. There is a minimal amount of sugar but once split into 14 slices this is nothing to worry about! Remember though, everything in moderation and I recommend having a varied diet to include all nutrients!

For more of my free recipes, visit [here](#)!

WeightMatters with Jenny



[WeightMatters with Jenny](#) is a remote weight loss programme. Although I am based in Cavan Ireland, I have members all over the country from Roscommon to Longford, Sligo to Dublin and as far down as Kerry and Cork. I have members of my online weight loss programme in the UK, Spain and other parts of Europe as well as in the United States!

Because my programme is completely remote, it is open to anyone who wants to lose weight and receive daily support! As part of the programme, you'll get to join my weekly live zoom meetings (there are 3 a week) and also have full access to the recipes and resources on my site. You'll join the closed WhatsApp group and send me weekly weigh-ins. I love helping my members reach their goals and help them to become Diamond Members.

Want to see some of my members before and afters? [Click here](#)

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