

Prep Time: 10 minutes

Cook Time: 35 minutes

Intensity Level: Low (Beginner Friendly)

Servings: 1 (Large Jar) or 2 (Small Jars)

There is something incredibly satisfying about baking bread from scratch. The smell that fills the kitchen, the warmth of the oven, and the knowledge that you created something wholesome with your own hands. However, the intimidation factor of yeast, kneading, and proofing often stands in the way of a quick baking session.

Enter the 3-Ingredient Simple Seeded Bread in a Jar.

This recipe is a game-changer. It requires no yeast, no rising time, and minimal cleanup. It relies on the magic of self-rising flour and the richness of a good yogurt to create a moist, dense, and incredibly flavorful loaf. Baked directly in a mason jar, this bread is not only adorable but also perfect for gifting, meal prep, or a cozy afternoon snack. Whether you are a seasoned baker or someone who burns toast, this recipe is designed for success.

Table of Contents



- [Table of Contents](#)
- [1. The Ingredients](#)
- [2. Understanding the Ratios](#)
- [3. Step-by-Step Instructions](#)
 - [Phase 1: Preparation \(Time: 5 Minutes | Intensity: Low\)](#)
 - [Phase 2: Mixing the Dough \(Time: 5 Minutes | Intensity: Medium\)](#)
 - [Phase 3: Baking & Finishing \(Time: 35 Minutes | Intensity: Low\)](#)
- [4. Intensity & Timing Breakdown](#)
- [5. Flavor Variations](#)
- [6. Nutritional Information](#)

Table of Contents

1. The Ingredients
2. Understanding the Ratios
3. Step-by-Step Instructions
4. Intensity & Timing Breakdown
5. Flavor Variations
6. Nutritional Information
7. Storage & Serving Suggestions

1. The Ingredients

The beauty of this recipe lies in its simplicity. You likely have these items in your pantry right now. However, because there are so few ingredients, the quality of each one matters.

- 1 Cup Self-Rising Flour: This is the backbone. If you don't have self-rising flour, you can make your own by combining 1 cup all-purpose flour with 1.5 teaspoons baking powder and 0.5 teaspoon salt.

- 1 Cup Full-Fat Greek Yogurt (or Plain Yogurt): This replaces the yeast, milk, and oil. The acidity in the yogurt reacts with the baking powder in the flour to help the bread rise. It also provides moisture and a subtle tanginess. *Note: Do not use fat-free yogurt; the fat is necessary for texture.*
- 1/2 Cup Mixed Seeds (plus extra for topping): This provides crunch, texture, and healthy fats. A mix of sunflower, pumpkin, sesame, flax, and chia seeds works best. If you are using chia or flax, they act as a binder, which helps the bread hold together in the jar.

Optional (but recommended):

- Pinch of Salt: If your self-rising flour is low-sodium, a pinch enhances the flavor.
 - 1 tsp Honey or Maple Syrup: If you prefer a slightly sweet bread.
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2. Understanding the Ratios

This recipe follows a simple 1:1:0.5 ratio.

- 1 part Flour
- 1 part Yogurt
- 0.5 part Seeds

This makes it incredibly easy to scale up or down. If you want to make a larger batch, simply double the ingredients. If you are making tiny jars for a party, use a 1/2 cup measurement for the flour and yogurt and 1/4 cup for the seeds.

3. Step-by-Step Instructions

Phase 1: Preparation (Time: 5 Minutes | Intensity: Low)

1. Preheat the Oven: Preheat your oven to 350°F (175°C). It is crucial that the oven is fully preheated before the jars go in.
2. Prepare the Jars: You will need one 16-ounce (pint) mason jar or two 8-ounce (half-pint) jars.
 - *Critical Step:* Grease the inside of the jars generously with butter, oil, or non-stick spray. If you skip this, the bread will stick, and you will be sad. Alternatively, line the bottom with a circle of parchment paper.
3. Prep the Seeds: If you are using large seeds like pumpkin or sunflower, you can leave them whole. If you are using flax seeds, you can leave them whole or grind them slightly to release their nutrients.

Phase 2: Mixing the Dough (Time: 5 Minutes | Intensity: Medium)

4. Combine Dry Ingredients: In a medium mixing bowl, whisk together the self-rising flour

and the mixed seeds. Ensure the seeds are evenly distributed throughout the flour so you don't get a clump of seeds at the bottom of the bread.

5. Add the Yogurt: Add the yogurt to the dry mixture. Use a sturdy spoon or spatula to fold the ingredients together.
6. The Fold Technique: Do not overmix. You want to mix until there are no dry pockets of flour, but the dough will be thick, shaggy, and sticky. It should look like a thick, heavy muffin batter. If it is too dry, add a tablespoon of milk or water. If it is too wet, add a tablespoon of flour.

Phase 3: Baking & Finishing (Time: 35 Minutes | Intensity: Low)

7. Fill the Jars: Spoon the dough into your prepared mason jars. Fill them only halfway to two-thirds full. This is vital. The bread will rise, and if you fill the jar to the top, it will overflow and make a mess in your oven.
8. Top with Seeds: Sprinkle a generous pinch of seeds on top of the dough in the jar. This creates a beautiful, rustic crust.
9. Bake: Place the jars (without the lids!) on a baking sheet. This makes it easier to move them in and out of the oven. Bake for 30 to 35 minutes.

- *Small jars (8 oz):* Bake for 25–30 minutes.

- *Large jar (16 oz):* Bake for 35–40 minutes.

- 10. The Toothpick Test: The bread is done when the top is golden brown and firm to the touch. Insert a toothpick into the center; if it comes out clean or with just a few crumbs, it is ready.
- 11. Cooling: Remove the jars from the oven and place them on a wire rack. Do not put the lids on yet. Let the bread cool in the jar for 10 minutes.
- 12. Removal: Run a butter knife around the inside edge of the jar to loosen the bread. Turn the jar upside down and tap gently; the bread should slide out. If it resists, let it cool for another 5 minutes.

4. Intensity & Timing Breakdown

To help you plan your baking session, here is a breakdown of the intensity levels required at each stage.

Phase	Task	Time	Intensity Level	Notes
Prep	Greasing jars & Preheating	5 mins	Low	Quick and easy.
Mix	Combining ingredients	5 mins	Medium	Requires a bit of elbow grease to mix the thick dough.
Bake	Oven time	30-35 mins	Low	Passive time. You can clean up or make a cup of tea.
Cool	Cooling & Removing	15 mins	Low	Passive time.
Total		55 mins		

Note: The total time includes 10 minutes of active prep/cook time and 45 minutes of passive

time (baking and cooling).

5. Flavor Variations

While the base recipe is delicious, this bread is a blank canvas. Here are a few ways to switch it up:

- The Mediterranean: Add 1/4 cup chopped olives, 1 tsp dried oregano, and 1/4 cup crumbled feta cheese to the dough.
 - The Sweet Breakfast: Add 2 tablespoons of honey, 1 tsp cinnamon, and swap the mixed seeds for chopped walnuts and raisins.
 - The Everything Bagel: Use “Everything Bagel Seasoning” in the dough and on top. Swap the mixed seeds for poppy and sesame seeds.
 - The Herb Garden: Add 2 tablespoons of fresh chopped rosemary, thyme, and a pinch of garlic powder.
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6. Nutritional Information

Disclaimer: Nutritional information is an estimate and will vary based on the specific brands of ingredients used, the size of the jar, and any added mix-ins.

Serving Size: 1/2 of a large jar (or 1 small jar)
Recipe Yields: 2 Servings

Nutrient	Amount Per Serving
Calories	320 kcal
Total Fat	12g
Saturated Fat	2g
Cholesterol	5mg
Sodium	480mg
Total Carbohydrates	38g
Dietary Fiber	5g
Sugars	4g
Protein	14g