

Gluten Free Buckwheat Bread

Ingredients

2 cups of buckwheat flour
1 cup of arrowroot flour
4 tablespoons of psyllium husks
1 teaspoon of salt
4 teaspoons of dried yeast
2 large eggs
4 tablespoons of light olive oil
1 teaspoon of apple cider vinegar
1/2 cup of mixed seeds or meal (I use a combo of chia, golden flax meal, sunflower seeds and sesame seeds) Use what you have. (You could use polenta, any nut meal, poppy seeds, LSA, pepitas etc)
400ml warm water



Method

1. Pour everything into a large bowl in order. Mix well until just combined. Don't over mix. You'll find the mixture is more like a thick cake mix than actual dough.
2. Pour mixture into your bread tin. Mine is about 13 x 28cm
3. Let it rise for about an hour in a warm environment or until it has about doubled in size. I leave mine in the very hot sun wrapped in glad wrap with a tea towel over the top. You could put yours in the car, or in an esky with a heat pack or even in the oven with just the light on.
4. After such time sprinkle some sesame or poppy seeds over the top of the loaf and get into the oven quick smart.
5. Pop in a hot oven 200 degrees for about 20-30 minutes until the bread is firm, crusty on top and it pulls away from the sides of the pan.

For more Gluten free, sugar free or dairy free recipes: visit Taryn's Healed Nutrition <http://healednutrition.com/>

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