



SEED BREAD

Line the bottom and sides of a small to medium loaf tin with baking paper leaving an overhang at two ends.

What you need:

55g buckwheat flour
50g brown rice flour
20g tapioca flour
25g cornflour (maize)
3 level TBS ground almonds
1 level TBS chickpea flour
1 ½ tsp guar gum
1 ½ tsp active dry yeast
½ tsp salt

215ml water
1 egg (note 1)
1 ½ tsp chia seeds
1 ½ TBS water
10ml extra virgin olive oil
½ tsp apple cider vinegar
1 tsp honey
2 TSB sunflower seeds
1 ½ TBS linseed

To make:

In a small bowl mix the chia seeds and one and a half tablespoons of water, stir and set aside for 10 minutes. Measure the flours into a large bowl then add the yeast, salt, gum, and seeds. Mix well to combine with a hand whisk. Make a well in the centre. In a small bowl gently whisk the egg, oil, honey and vinegar. Measure the water into a heatproof jug, microwave on high for 35 seconds.

Add the egg mix, chia seeds and water to the flour mix. Starting in the centre mix together with an electric beater for about 20 seconds. Tip the dough into the prepared tin. Smooth the top with wet hands. Cover with a clean cloth and set aside for 25 minutes in a warm place. While the dough is rising heat the oven to 180°C. Bake for 35 minutes (ovens will vary).

Remove from the oven. Tap the bottom of the tin, it should sound hollow. Lift out of the tin to avoid moisture condensing in the tin. Leave until completely cold before cutting.

Note:

1. Use ¼ cup of coconut yoghurt for dairy free and vegan.

Tip: Delicious to eat plain or with your favourite spread or topping. Great toasted for breakfast or sandwiches. This bread freezes well. Keeps fresh for 2-3 days