



WHOLEWHEAT SEED BREAD

Line the base and sides of a loaf tin approx. L24XW13xD6.5cm with baking paper leaving an overhang on two ends. You want to line the sides a bit higher than the tin.

What you need:

130g brown rice flour
80g buckwheat flour
120g tapioca flour
80g cornflour (maize)
3 level tsp of active dried yeast
1 level tsp flaky salt
2 $\frac{3}{4}$ level tsp guar gum

3 size 7 eggs @room temperature
325mls water
20mls blackstrap molasses
20mls light olive oil or similar
1 $\frac{1}{2}$ tsp apple cider vinegar
Seed Mix: 2 TBS sunflower seeds,
1 TBS linseed, 1 TBS sesame seeds,
2 TBS pumpkin seeds (mix and set aside)

To Make:

Measure all the dry ingredients (including 3 tablespoons of the mixed seeds) into a large container with a lid. Secure the lid and give it a good shake to thoroughly mix. Tip the flours into a large bowl, make a well in the centre and set aside. Add the eggs, oil, molasses and vinegar into a bowl and whisk together. Measure the water into a microwave proof jug, heat on high for 35 seconds. Next, add the warm water and egg mix to the dry ingredients then using handheld electric beaters whisk together for about 20-30 seconds. Using a wet spatula scoop the dough into the tin and smooth out the top. Spritz the top of the dough with cold water and sprinkle with the remaining seeds. Gently press them down. Cover gently with a clean tea towel then leave the dough in a warm place (I usually put it in the pantry) for about 20 minutes. While the dough is rising heat the oven to 180°C. Bake in the centre of the oven for 35-40 minutes (ovens will vary). The loaf will be ready when you tap the bottom of the tin and it sounds hollow. Gently lift out of the tin onto cooling rack straight away. Leave until completely cold before cutting.

Tip: This loaf is my 'go to loaf' and is delicious for sandwiches, toasted for breakfast, or on the side with soup. It freezes well.

For a little more fibre, try replacing one egg with 1 TBS chia seeds soaked in 3 TBS water (leave for about 10 minutes to congeal).