

Gluten Free Bread Base Recipe

The bread needs to be stored in the fridge and the very best is to slice it up and freeze it. You need to start soaking the buckwheat the night before.

Ingredients

3 cups buckwheat
1 cup filtered water
2 tbsp chia seeds soaked in ½ cup water
1 tbsp psyllium husks
1 tsp salt
1 tbsp nigella seeds
1/3 cup sunflower seeds
½ cup pepitas

Method

1. Soak the buckwheat in filtered water overnight.
2. The next day strain the buckwheat and rinse it. Let it sit in a colander over a bowl for 6 hours with a tea towel on top, this will start the sprouting process of the buckwheat.
3. Place the buckwheat in a food processor and process until smooth, add the soaked chia seeds, psyllium, water and salt and process to combine. Stir in the nigella and sunflower seeds and half of the pepitas.
4. Place the mixture in a paper lined loaf tin and press the rest of the pepitas on top of the loaf.
5. Bake in an 180°C oven for 50 minutes to 1 hour or until a skewer comes out clean and the bottom of the loaf sounds hollow when you tap it.

Variations

Dark Loaf

Instead of stirring in the nigella seeds put them in the food processor at the same time as the chia seeds.

Calcium Rich Loaf

Use only 2 cups of buckwheat and 1 cup amaranth flour and add an extra 1 to 1½ cups water.

Fruit loaf

Omit Nigella seeds, sunflower seeds and pepitas. Add 1 cup pitted dates, 1 cup of other dried fruit of choice - I used apricots, figs and pineapple.

Olive Loaf

Omit seeds and fold in 2 cups chopped pitted olives.



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