

# SEEDY GF BREAD

Makes 1 loaf, 8 slices

Per Slice: (macros include optional seeds)

Calories 285, Protein: 7g, Fat:13g, Carbs: 30g, Fibre:9g

## INGREDIENTS

½ cup Buckwheat Flour

½ cup of quinoa flour (sub quinoa flakes or oats)

½ cup of flaxmeal

1 cup of tapioca flour

(you can mix the flours around just aim for 2 ½ cups)

¼ cup of chia sees in ½ cup of luke warm water - this is the glue for the dough, so soak this first

7g Dry yeast (1 tablespoon) in one cup of luke warm water - do this second to give it time to froth and bubble

2 teaspoons of psyllium husk

2 tablespoons of olive oil

Optional - ½ cup of seeds - pumpkin + sunflower work well

## DIRECTIONS

1. Put Chia in water let sit until absorbed
2. Yeast in water let sit until frothy
3. Put all ingredients in a bowl and mix by hand – should be a bread dough consistency – too dry add some more water, too wet add some more buckwheat
4. Put in a loaf tin and sit in oven for 1hr Put in loaf tin or shape into whatever you like on baking paper. Let sit in oven for 1hr (preheat to 100deg then turn off, bread will rise in the warmth).
5. Cook 180deg 90min (take bread out after sitting, get oven up to 180 then put back in).