



Quick Breads & Flat Breads

Here is a recipe for quick bread and lots of fun variations to play around with! This is a quick bread recipe (no yeast or rising time required, and you can make it in your toaster oven or some of them even in a pan on your stove top!) along with some fun add-ins and variations so you can obtain the needed ingredients.

These recipes may be helpful for making your own gluten free breads, much tastier, less expensive, and fun to have creative time in the kitchen, especially around the holidays! I know I really enjoy hot fresh bread and I do much better with it when it is made from scratch, without yeast, and I can add all kinds of fun yummy things to it to make a sweet or savory bread. It takes only about 15 minutes to make these too, so you can experiment with different flavor combinations easily. Millet flour works really well in these recipes and is gluten free.

I have estimated the measurements of ingredients for the recipes, feel free to adjust as you like. I prefer to gauge by texture of the dough (want it to be slightly elastic and sticky, but not too dense - more liquidy than play-doh or cookie dough, but much firmer than cake batter). I recommend using all organic ingredients, as you know, for the optimal taste and nutritional value. Ellwood Thompson's in Carytown in Richmond, Whole Foods, Trader Joe's, or Kroger all carry a good selection of these items.

Basic Foundation Ingredients for Quick Bread:

- Organic Flour (whole wheat, spelt, barley all work well) (typically 1 cup/loaf)
- Baking Powder (&/or Baking Soda) - depending on the recipe - powder is better for sweet breads, soda is better for savory breads (approx. 1/2 teaspoon of each/loaf)
- Sea Salt (gives the best flavor) (varies depending on whether sweet or savory bread - a few good shakes for sweet, 1/8 teaspoon for savory)
- Organic Oil (olive or canola work well, but you can experiment with others as well) (varies depending on other liquids used and flavor of bread desired, typically 2-3 tablespoons)
- Filtered Water (add to get desired texture, usually 1/2 - 1 cup, depending on whether other liquids also added)

Add-ins (these are just suggestions, be as creative as you want!)
(typically use 1/4 to 1/2 cup of a bulky or liquid add-in, 1-2 teaspoons of a flavoring or spice add-in)

- Flax seeds (whole or ground into powder)
- Seeds (sunflower, sesame, or pumpkin are nice)
- Dried Fruits (raisins, dates, apricots, grated coconut)



- Fresh / canned fruits (prefer fresh) (chopped apples, bananas, peaches)
- Fresh / canned veggies (prefer fresh) pureed pumpkin, cooked and diced butternut squash, tomatoes)
- Nuts (walnuts, cashews, chopped almonds are yummy!)
- Whole grains or legumes (cooked or raw - whole rolled oats, corn grits/meal; cooked - rice, barley, quinoa, lentils)
- Liquids (soy, almond, hemp, or rice milk,)
- Sweeteners (honey, jaggery, brown sugar, brown rice syrup, molasses)
- Spices & Flavorings (thyme, mint, oregano, cinnamon, ginger, lemon juice, almond or vanilla extract)
- Flavored Oils / Butters (olive, canola, melted ghee, sesame, coconut)

Some of my favorite variations:

- Apple Date Oat Bread
- Banana Walnut Bread
- Lentil Thyme Bread
- Multi Grain Bread (Oats, Flax, Barley, Corn Grits) with lots of oil & sea salt
- Honey Corn Bread

Basically, you can play with the ingredients to get more of a sweet bread for dessert or breakfast or more of a savory bread for dinner or a sandwich. You can taste the batter before it is baked to test level of sweetness, saltiness, and add more as needed. Batter will taste less sweet or salty than the finished product, so best to not overdo it the first few times!

Tools

- Oven safe medium size glass or ceramic baking dish or cast iron pan that can be put in the oven (approx 5x7 inches at least) (metal can be used if needed, but may affect the flavor of the bread - best to line with parchment paper if you use metal)
- Medium mixing bowl (glass or metal - try to avoid plastic and rubber if possible)
- Measuring spoons & cups
- Mixing spoon (wood or metal is my recommendation)

Quick Bread Making Steps

1. Preheat the oven (or use the toaster oven if your pan will fit in) to 375 F degrees.
2. Lightly oil the baking dish (or line with parchment paper - not waxed paper!).
3. Mix all the dry ingredients together first in the bowl
4. Stir in any dry add-ins desired
5. Add oils, sweeteners, and liquids desired (mixture will still be dry, this is okay, just add water next)
6. Slowly add filtered water into the bowl and mix together



7. Continue adding water until dough is slightly runny and a little lumpy (a little thicker than pancake batter). A thicker batter will make a denser bread, a thinner batter a lighter more airy bread
8. Pour batter into greased / lined baking dish and put into oven right away (this will ensure the baking powder & soda can do their job properly)
9. Bake approx. 20-25 minutes (depending on size of dish and thickness of dough – flatbread only about 15 minutes). Bread is done when top is golden brown & crusty, springs back slightly when pressed in the center with your finger, and a knife inserted in the center comes out with moist bread little chunks on it (not runny)
10. Remove from oven and slice a small piece from the end to test for doneness. If it's not done, return to the oven for a few minutes and watch carefully to ensure you remove it when it's done.
11. Let cool for a few minutes to make it easier to slice.
12. Slice in the pan and serve onto plates, warm. If desired, you can pour some sweet sauce over it or serve with an olive dipping oil.
13. Enjoy! Please share any recipes, discoveries, issues, etc. I look forward to hearing about your baking adventures!!

Flat Bread Variation

Also, if you are interested, you can use the following adaptation from the recipe below for making flatbread (great as a pizza crust or for dipping with herbs and oils). To make the flatbread, you just need flour (spelt or millet flour is really good but wheat or white works well also), oil - olive is my favorite but you can also try canola or vegetable oil, sea salt, and filtered water - don't use the baking soda for a flat bread, make the dough fairly thick in consistency (like pizza dough) and spread the dough pretty thinly in a glass baking pan, baking only for about 15 minutes. If you want to add a little extra, try some flax or sesame seeds, and perhaps some dried tomatoes or oregano.

Indian Flatbread “Roti” on the stove top

You can also make quick “roti” or Indian flatbread on your stove top. Follow instructions above to make the dough, very lightly oil a heavy frying pan (cast iron is awesome if you have it!), heat the pan on medium high heat until water drop sizzle on the pan. Drop a large spoonful of the dough onto the pan, let sit for a minute so it starts to cook, turn over and press down on the dough with the spatula or back of a wooden spoon to form a small, flat, firm pancake / flat bread. Let sit for a minute, then turn again, pressing until the dough is completely flat, then let cook until golden brown on both sides, turning once more if needed. Keep a close eye on the heat so it doesn't get too hot. If the pan gets too hot and oil starts smoking, finish cooking the roti in the pan, remove it, then turn off the stove for a few minutes and let it cool off, then you can start up again. Best to keep the roti hot on a plate covered with a bowl or another plate or in a warm oven until ready to serve (if you can wait that long! I sometimes



eat them right out of the pan 😊). Great with avocado, nut butters, jams, fruit, oil and sea salt, herbs, or just plain!

Best,

Christina Borland, Owner
Go Veggie Girl, LLC