

GLUTEN FREE BREAD



Serves
4

Ingredients:

300 g unroasted buckwheat seeds
60 g chia seeds
200 ml of water
60 ml extra virgin olive oil
1 teaspoon bicarbonate of soda
Sea salt according to taste
4 tablespoons of apple cider vinegar
100 g Pumpkin and/or sunflower seeds
Herbs - any according to taste: thyme,
rosemary, fennel

1. Wash, and then soak buckwheat in plenty of cold water overnight. Next day drain and rinse well.
2. Stir chia seeds in water and soak.
3. Mix 2/3 buckwheat and 2/3 chia in food processor. Then add remaining ingredients, including unprocessed chia/buckwheat, most of seeds. Remaining seeds sprinkle on top.
4. Pour into a loaf tin lined with baking paper.
5. Bake for 1.5 hrs at 180C
6. Once out of the oven it is essential to let it cool for 30 minutes before taking out and slicing.