



Gluten Free Chia Seed Bread

Ingredients:

- 110 grams Quinoa Flour
- 110 grams Brown rice Flour
- 120 grams Buckwheat Flour
- 140 grams Tapioca / Arrowroot Flour
- 40 grams Chia Seeds (pre soaked)
- 40 grams Pepitas
- 30 grams Psyllium Husks
- 2 teaspoons Xanthan Gum
- 1 teaspoon Himalayan Rock Salt
- 40 grams Raw Honey
- 450 grams water
- 2 teaspoons dried yeast (or 20 grams fresh yeast)
- 30 grams Macadamia Nut Oil
- 1 teaspoon Apple Cider Vinegar
- 2 eggs

Method:

Soak the Chia Seeds in $\frac{1}{2}$ cup of water for 10-15 minutes so they gel.

Place the Quinoa, Brown Rice, Buckwheat and Tapioca Flour into either a kitchen aid with the dough hook or a Thermomix (anything that's capable of kneading sticky dough will be fine) along with the rest of the ingredients (including the Chia Seeds)

Mix or knead (I use the knead function on my Thermomix) for 4 minutes.

Once all the ingredients are well combined I use two loaf tins (approx.: 10cm x 20cm x 7cm) I use the same ones to make banana cakes and line them with baking paper.

Using the scales I evenly divide the mixture into two tins (I do this to make the loaves smaller, if you don't want to divide the mixture you don't have to, just use a larger bread tin (around 25cm x 10cm x 11cm).



I place the tins in large plastic bags (I keep bags from loaves I've bought in the past) and tie up in the end so it looks like a tin in a balloon, this leaves room for the bread to rise.

Leave it somewhere warm to rise for 30-45 minutes.

Once it's doubled in size place it into a pre heated oven (180°C) and bake for 40-45 minutes.

When it's finished take it out of the oven, lift the loaves out of the tin with the baking paper and place on a cooling rack for 10-15 minutes before peeling away the paper.

Leave to cool completely then slice through and freeze for maximum freshness.