

BUCKWHEAT BREAD

Wheat-free Gluten-free Dairy-free

A tasty and nutritious gluten-free loaf.

Ingredients:

- 1 ½ cups raw buckwheat
- 2 ½ cups water
- 1 cup buckwheat flour
- 1 cup linseed meal
- ½ cup brown rice flour
- 1 cup coconut
- ¾ cup sunflower seeds
- ½ cup sultanas
- ¼ cup poppy seeds
- 1 teaspoon salt
- 1 tablespoon carob powder (optional)
- 1 ½ cups cold water (extra)
- Sesame seeds

Method:

Preheat oven to 200°C. Grease a baking tray.

Place raw buckwheat in a saucepan with 2 ½ cups water (so that water is about 2cm above buckwheat). Bring to boil, cover and simmer for 15 minutes until buckwheat is soft and the water has been absorbed.

Place buckwheat flour, linseed meal, brown rice flour, coconut, sunflower seeds, sultanas, poppy seeds, salt and sifted carob powder in large bowl and mix through.

Add cooked buckwheat to the dry ingredients with 1 ½ cups cold water and mix well to make a firm dough. The dough should hold together without cracking, but still remain as dry as possible. (If the mixture is too wet, it will not cook to the centre.)

Form dough into an oval loaf about 7cm high and roll in sesame seeds. Place on oven tray.

Bake for 1¼ hours. Turn oven off and leave loaf in oven for another ½ hour.

Remove from oven and cool. Cut into 1cm slices and keep in refrigerator up to 3 weeks (or freeze for longer).