



Gluten Free

BREAD

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Dry Ingredients

- 300g of Brown Rice to grind in a thermomix. If you don't have a thermomix use Gluten Free flour
- 220g of Brown Rice Flour
- 380g of Arrowroot starch or Tapioca Flour
- 1 Tblspn of Sea salt or Himalayan Salt
- 2 Tblspn of Dried Yeast
- 2 Tblspn of xanthum gum

Wet Ingredients

- 2 Tblspn Chia Seeds
- 670g luke warm water
- 65g x coconut oil
- 4 x eggs
- 30g x raw honey

Method

- Soak chia seeds in 3 tblspn boiling water first
- Mix all dry ingredients
- Mix all wet ingredients separately.
- Add soaked chia seeds into wet ingredients and mix well.
- Mix dry ingredients and wet ingredients together in a big bowl
- Cover and sit in a warm area in your kitchen to prove for at least 2 hours.
- Grease a loaf tin
- Bake at 160 degrees for 1hr 15mins.
- Leave to cool before cutting

for me this mixture makes 1 loaf and 3 buns

buns take approx 20mins to cook



*love
Cindy*