

Healthy everyday bread!

This is an adaptation of a recipe created by Dr Eric Berg, taken from the web. It is easy to make, very healthy, gluten, wheat and corn free and it tastes delicious! It is much healthier than ordinary shop bought bread and it has no undesirable processing additives!



***** Ingredients are in green**

Ingredients & directions:

1. **Ingredients for the food processor bowl:** Add and process these in the order given:

- 1 cup whole almonds – very finely ground
- 1 cup arrowroot flour
- 1/3 cup (full-fat) coconut flour
- 1 level teaspoon sea salt
- 1 egg

2. **Wet Ingredients: Add to a 1-pint bowl**

- 1 ¼ cup hand-hot water
- 2 teaspoons Maple Syrup
- 2 teaspoons active dry yeast (1 sachet Allinson's easy-bake yeast)

3. **Whisk the above and leave for 10 minutes until the yeast froths up.**

4. **Now add the following to the yeast-mix and then whisk again.**

- 1 ½ tablespoons whole chia seed
- 2 tablespoons psyllium husk powder

- 5. Leave your yeast-mix to thicken up for another minute or two.**
- 6. Now add your yeast-mix to the ingredients in the food processor bowl and mix everything together.**
- 7. Pour the mix onto an arrowroot flour dusted board. The dough will be slightly sticky, but workable. Knead for one minute.**
- 8. Put the kneaded dough back into the bowl, cover with a damp cloth and place in a warm spot to rise for one hour.**
- 9. Preheat the oven to 200°C. Place a baking sheet in the oven to preheat.**
- 10. Divide the dough into two balls. Brush with egg wash and create a pattern on the top with a knife if you wish.**
- 11. Slide the prepared dough onto the cooking sheet. Bake for 35 - 40 minutes. When you think the bread is ready, tap the bottom. It should sound hollow. If not, give it a few minutes longer.**
- 12. Let the bread cool completely on a wire rack before using.**
- 13. Store in an airtight container. It won't last long!**

