Gluten Free, Yeast Free Dark Seed Bread

Number of Servings: 12

Prep Time: 30 minutes

Cook Time: 70 minutes

Ingredients

1000ml of hot water (40C or 105F)

Dry Ingredients
15g psylllium husk
20g good quality cocoa or carob powder
75g flax seeds
30g pumpkin seeds*
30g sunflower seeds*
30g sesame seeds*
80g whole raw buckwheat grouts
165g cracked buckwheat

Add-in
125g of millet flakes or oats if you prefer
140g rice flour
140g buckwheat flour
2tsp unrefined sea salt

Optional add in:
1/2 cup dried currants, raisins or chopped apricots

Instructions

In a large bowl add all the dry ingredients from the first list. Mix well to distribute and break up any clumps in cocoa powder. Add the hot water and mix very well.
Note: if adding dried fruit, this is a great place to do it as the hot water will soften the fruit and add more sweetness to the bread.

Set this mixture aside for 30 minutes.

Pre-heat oven to 350F/180C

Add-in:
Put all the add-in flakes, flours and salt into a bowl and stir to break up any clumps. Using a hand or stand mixer (or a bit of good old-fashioned elbow grease works as well) add the flour to the soaked mixture and blend very well until no dry clumps are left.

Generously grease two 8x4" loaf pans. Divide the dough evenly between the two pans. The dough will come high on the pan and this bread does not rise much in the oven.

With well-oiled hands, I use olive oil, smooth out the top of the bread. The oil also helps to give a good crust.

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Bake on middle rack for 70 minutes. As oven temperatures vary, you may want to check the bread at 60 minutes. It is pretty hard to overcook this dense bread so don't be afraid to take it to the 70 minute mark and even add 5 on if you feel your oven cooks at lower temp.

Let cool for 10 minutes before slicing. Store in an airtight bag or container for up to 5 days on counter, 10 days in fridge or up to 3 months in freezer.

Enjoy!

*You may swap or eliminate one of the seeds to equal a total of 90g.

This recipe was adapted from a Danish recipe by Anette Harbech Olesen and Sophia Helse