



## Multi-Grain Bread (Gluten, Dairy and Egg-Free)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



544 kcal

### Ingredients

- 0.7 cup tapioca/arrowroot flour
- 1.5 teaspoons double-acting baking powder gluten free
- 0.3 cup bob's mill garbanzo bean flour (chickpea or garbanzo flour)
- 0.3 cup brown rice flour
- 1 teaspoon apple cider vinegar
- 4 teaspoons applesauce (or 3 eggs and reduce water by)
- 3 teaspoons flaxseeds (linseeds)
- 1.5 teaspoons xanthan gum
- 0.3 cup olives (olive, canola or a mix of both)

- 3 teaspoons poppy seeds
- 1.3 cups rice flour
- 1 teaspoon salt
- 3 teaspoons sesame seed
- 0.3 cup almond flour (or dari free or almond meal)
- 2.7 tablespoons sugar
- 4 teaspoons sunflower seeds
- 2 cups water (may vary, use less to start)
- 1.5 teaspoons xanthan gum
- 2.3 teaspoons yeast dried

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- loaf pan
- aluminum foil
- spatula
- skewers

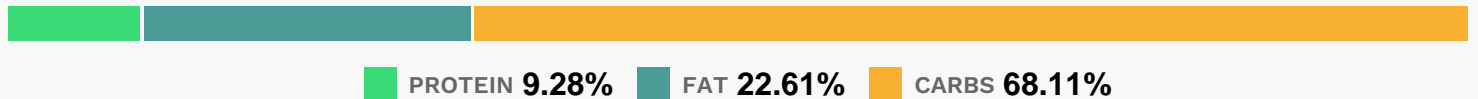
## Directions

- BREADMAKER METHOD.Sift and combine the all the dry ingredients except egg replacer powder.In a separate bowl, whisk the egg replacer (or eggs)with about 1/2 a cup of the water, until frothy.
- Add remaining wet ingredients, withholding about 1/4 - 1/2 cup water, and combine.
- Add the wet ingredients to the dry and mix together.

- Add extra water slowly, around 1 tablespoon at a time, until batter is the correct consistency—thicker than a cake batter, but not as thick as cookie dough. Spoon into the pan. Set the breadmaker to the setting recommended by the instructions specific to your model. If there are no such instructions try either the Basic setting or the Rapid setting. If your breadmaker is programmable, set it to skip the second kneading, as this is not necessary for GF breads. Another option, for breadmakers with a ' Bake Only' setting, is use the 'Dough' setting and then the ' Bake Only'. If your breadmaker does a reasonable job of mixing, it is possible to add the wet ingredients to the pan and then add the combined dry ingredients (or vice-versa, depending on the model). If using this method, about 5 minutes into mixing you will need to check that all the flour has been mixed in thoroughly and, if not, scrape the sides and base and stir with a rubber spatula. At this time check the consistency and add extra water, 1 tablespoon at a time, if necessary. If the mixture is too wet, try adding a little extra flour.
- Mix the batter until smooth, remove the blade from the pan, place the dough in the pan and cook normally. This way you avoid the big hole in the bottom of the bread and also avoid the second kneading. **HAND METHOD 1.** Sift and combine the dry ingredients except egg replacer powder. In a separate bowl, whisk the egg replacer (or eggs) with about 1/2 a cup of the water until frothy.
- Add remaining wet ingredients (withholding a little water as explained above).
- Add wet ingredients to dry and mix slowly. When combined beat on high until batter is smooth, adding more water slowly if required. Spoon into a loaf pan. Cover with plastic wrap and place in a warm, draught free position to rise for about 1 hour. (If you can't find a warm position, a very low oven can be used.)
- Remove plastic wrap, and bake at 190C (375F) for 40–50 minutes. (A skewer placed into the centre of the bread should come out clean.)
- Remove from pan and cool on a wire rack. \*If you find the bread is becoming too dark, you can loosely cover it with foil part-way into cooking. **HAND METHOD 2.** Dissolve 1 tablespoon of the sugar in 1/2 a cup of the luke warm water.
- Add the yeast and set aside to proof for 10 minutes. (The mixture should become frothy.) Sift and combine the dry ingredients except egg replacer powder. In a separate bowl, whisk the egg replacer (or eggs) with about 1/2 a cup of the water until frothy.
- Add remaining wet ingredients (withholding a little water as explained above).
- Add proofed yeast.

- Add wet ingredients to dry and mix slowly. When combined beat on high until batter is smooth, adding more water slowly if required. Spoon into a loaf pan. Cover with plastic wrap and place in a warm, draught free position to rise for about 1 hour. (If you cant find a warm position, a very low oven can be used.)
- Remove plastic wrap, and bake at 190C (375F) 40–50 minutes. (A skewer placed into the centre of the bread should come out clean.)
- Remove from pan and cool on a wire rack.\*If you find the bread is becoming too brown, you can loosely cover with foil part-way into cooking.

## Nutrition Facts



### Properties

Glycemic Index:127.02, Glycemic Load:52.59, Inflammation Score:-6, Nutrition Score:18.572173819594%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

### Nutrients (% of daily need)

Calories: 544.32kcal (27.22%), Fat: 13.85g (21.31%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 93.88g (31.29%), Net Carbohydrates: 84.94g (30.89%), Sugar: 10.44g (11.6%), Cholesterol: 14.87mg (4.96%), Sodium: 986.16mg (42.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.59%), Manganese: 1.78mg (89.12%), Fiber: 8.94g (35.76%), Vitamin B1: 0.52mg (34.9%), Folate: 110.58µg (27.64%), Phosphorus: 265.94mg (26.59%), Vitamin B6: 0.51mg (25.42%), Selenium: 16.54µg (23.63%), Magnesium: 94.33mg (23.58%), Copper: 0.46mg (23.07%), Calcium: 203.1mg (20.31%), Vitamin B3: 3.71mg (18.56%), Vitamin E: 2.57mg (17.13%), Iron: 2.56mg (14.25%), Zinc: 1.89mg (12.62%), Vitamin B5: 1.15mg (11.48%), Vitamin B2: 0.18mg (10.45%), Potassium: 285.17mg (8.15%), Vitamin A: 82.93IU (1.66%), Vitamin B12: 0.09µg (1.55%), Vitamin K: 1.18µg (1.13%)