

Savannah's Glutenfree Black Bread

No need to boil either whole barley, buckwheat or quinoa before adding.
You can use whatever flour or grain you have 😊 F.ex. 800 g mix of whatever flour you have.

For 4 loaf pans of approx. 2 liters

Ingredients:

6 tbsp HUSKs
6 tsp baking powder
6 tsp salt
10,58 oz (300 g) glutenfree oat flakes (or rice flakes)
10,58 oz (300 g) barley flakes, buckwheat flakes or quinoa flakes
7,055 oz (200 g) whole barley, whole buckwheat, poppy seeds or whole quinoa
3,527 oz (100 g) chia seeds
5,291 oz (150 g) linseeds
7,055 oz (200 g) sunflower seeds
3,527 oz (100 g) sesame seeds
3,527 oz (100 g) pumpkin seeds
7,055 oz (200 g) quinoa flour
7,055 oz (200 g) barley flour
7,055 oz (200 g) rice flour
7,055 oz (200 g) buckwheat flour
8 tbsp nettle powder

Mix it all.

Add 102,4 oz (3 liters) of lukewarm water.

Stir slowly - let it sit for 5 minutes and then stir again.
Wipe the pans with olive oil and shake them with flour. Pour the dough into them.
Make holes in the dough with a fork.

Bake the breads for 2 hours at 356 degrees Fahrenheit (180 degrees Celcius) – ordinary oven.

Let the bread cool off completely before slicing them. You can cover them with a wet dish towel and let them stay overnight. Cut in slices before freezing down.

If you want the bread to be more acidified, you can let the dough stay overnight before baking and/or add 4 capsules probiotics to activate the process.

Enjoy the delicious bread either fresh cooled or roasted!

Savannah

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