



CHIA AND PEPITA GLUTEN FREE LOAF

🕒 10 min. ⌚ 1 hrs. 25 min. 🌿 medium 🍴 12 slices

INGREDIENTS

110 g basmati rice
110 g long grain brown rice
80 g millet
butter, for greasing
40 g chickpea (besan) flour
140 g arrowroot flour
40 g chia seeds, plus extra for sprinkling
40 g pepita seeds, plus extra for sprinkling
2 tsp xanthan gum
1 tsp salt
2 tbsp honey
400 g water, plus extra for brushing
2 tsp dried instant yeast or 20 g fresh yeast, crumbled
30 g macadamia oil or olive oil
1 tsp apple cider vinegar
2 eggs

USEFUL ITEMS

bowl, deep-sided loaf tin, pastry brush, wire rack, sealable container

Preparation

1. Place basmati rice, long grain brown rice and millet into mixing bowl and mill **1 min/speed 9**. Meanwhile, grease a deep-sided loaf tin and set aside.
2. Add chickpea (besan) flour, arrowroot flour, chia seeds, pepitas, xanthan gum and salt and mix **10 sec/speed 4**. Transfer into a bowl and set aside.
3. Place honey, water and yeast into mixing bowl and heat **2 min/37°C/speed 1**.
4. Add macadamia or olive oil, apple cider vinegar, eggs and reserved flour mixture and mix **15 sec/speed 5**.
5. Scrape down sides of mixing bowl with spatula, then mix for a further **5 sec/speed 5**.
6. Transfer mixture into prepared loaf tin and leave to prove in a warm place until doubled in size (approx. 30 minutes). Preheat oven to 180°C. Brush top of loaf with water, then sprinkle with extra chia seeds and pepitas.
7. Bake for 40-45 minutes (180°C). Allow to cool in tin for 5 minutes, then transfer onto a wire rack. Serve warm or allow to cool completely before transferring into a sealable container until ready to serve.

TIPS

- Serve fresh or toasted with your favourite jam, butter or spread.
- Proving time may vary depending on time of year and ambience. Choose a warm, dark place to leave dough to prove and try covering the loaf tin with a towel to insulate if necessary. Leave for further 15-30 minutes if not doubled in size, a maximum of 45-60 minutes should be sufficient.
- Mill 40 g dried chickpeas in step 1 with rice and millet to make your own chickpea flour.