Savoury buckwheat bread

Hello! Gluten free and plant based bread is very hard to find in the shops. And if you do find one, they are usually lethal weapons! I created this recipe to make a buckwheat bread that is low FODMAP, as well as gluten, egg, and dairy free. I hope



that you enjoy it!

Buckwheat bread

Ingredients:

2 3/4 cups buckwheat flour
1/4 cup ground psyllium husk
1/3 cup LSA (or ground flaxseed)
1 teaspoon baking soda
1 teaspoon salt
1 cup water
1/4 cup oil

optional:

1-2 tablespoons dried/fresh herbs
12 sliced, pitted olives
Sunflower and pumpkin seeds for top

Method:

Add the dry ingredients together in a large bowl and stir well.
Add the water and oil and stir.
Leave the mixture for an hour so that the water is absorbed.
Press the firm mix into a lined loaf tin.
Sprinkle the top with seeds and extra herbs if desired.
Bake for 45 minutes. Check to see if it is firm and that an inserted skewer comes out dry. If not, place back in the oven until it does. If the seeds start to burn on the top, cover the tin loosely with foil.

*I like using coconut or sunflower oil. You can use olive oil, or any other that you prefer.
*You can play around with the flour combination if you like. You may like to go 50:50 with buckwheat and almond flour for example.

