



Harvest Multi Grain Bread

(Gf, DF, Vegan, Yeast Free)

This bread has grains that are rich in many minerals and vitamins. It also contains pumpkin and it's what adds to the color, richness, but it does not taste like pumpkin.

Ingredients

French Bread Mix 2- 16 oz. You have to make this mix. Here is the link

Celtic Salt 1 tsp.

Gelatin plain 2 tsps.

Baking Powder Grain Free 2 tbsp.

Psyllium Husk Powder Organic 2 tbsp. (17 grams)

Baking Soda 1 tsp.

Walnut ½ cup (Finely diced walnuts), reserve about 1 tablespoon for top**

Pumpkin Puree ½ cup (4 oz.) * You can use an organic 4 oz. jar baby food or buy a large can.

Olive Oil ¼ Cup

Honey Raw 1 tbsp. (Vegan version replace honey with Stevia, be aware Stevia is sweeter).

Apple Cider Vinegar 1 Tablespoon

Plain Sparkling Water (No Flavors) 12 oz. (1-1/2 Cups)

Method

Line a 9" x 5" loaf pan with parchment paper all four sides. Pre-heat the oven at 425 F. Baking time will be 45 minutes' total.

Mix all the dry ingredients together into a mixer bowl. In another bowl mix all the wet ingredients together. Add all at once all the wet ingredients to the dry ingredients. Mix for about 1-2 minutes until well mixed. Removed dough from the mixer bowl and knead two or three times until dough is smooth and cohesive. Shape dough and place into parchment paper lined loaf pan. Brush the top with olive oil and top with a mild dusting of finely diced walnuts about one tablespoon. Score bread. Bake for about 45 minutes until is golden, the bottom of loaf sound hallows. Let loaf cool on a wire rack for about 4 hours away from the pan.



French Bread Flour Mix 2

Ingredients

Arrowroot 544 grams

Sorghum 340 grams

Millet Flour 313 grams

Cassava Flour 136 grams

Ground organic psyllium powder 27 grams

Mix all the flours well. Store in a dry container.