

Buckwheat Bread

Dry ingredients:

150g ground almonds
140g buckwheat flour (replace with quinoa or teff flour if preferred)
40g millet flakes
40g sunflower seeds
40g pumpkin seeds
1 tbsp chia seeds
3 tbsp ground linseed (blend your own fresh in a mini food processor)
2 tsp baking powder
½ tsp Himalayan pink salt
1tbsp fresh Rosemary chopped or blitzed in a mini food processor (optional)

Wet ingredients for a vegan version:

8 dates
2 tbsp raw apple cider vinegar
400ml warm water
1tbsp extra virgin olive oil

OR

Wet ingredients for a vegetarian and candida safe version:

1 egg beaten
1 tbsp organic natural yoghurt
1tbsp extra virgin olive oil
Add sufficient water to make a total of 400ml liquid

Instructions

- Mix all the dry ingredients together in a bowl
- In a blender, blend the dates with the apple cider vinegar and warm water
- Add the cold water and olive oil to the blender and blend some more
- Add the wet mixture to the dry ingredients and mix well to combine
- Cover the bowl with a tea towel and leave for an hour (this bit is important)
- Line a loaf tin with parchment paper and pour in the batter
- Bake for 60-75 minutes at 180 °C (160 °C fan)
- Using a toothpick, test for readiness. If still wet, bake for additional 10-15 minutes
- Once ready, turn it over onto the cooling rack

This is a very moist bread and its texture is more like cake, but it slices well and makes good toast too. Keep it in the fridge.

Buckwheat and Rosemary Crackers

Ingredients

140g buckwheat flour

100g ground almonds

1tbsp ground flaxseed

1 tsp sea salt

black pepper to taste

1tbsp chopped fresh rosemary

2 tbsp olive oil

95ml water

Directions

- Preheat the oven to 180°C and prepare a large baking tray or use 2 smaller ones
- In a bowl mix together buckwheat flour, ground almonds, flaxseed, sea salt, black pepper and chopped rosemary and set aside.
- Mix olive oil together with water and add to the dry ingredients.
- Bring together into a dough and knead on a surface until smooth. You can add a little water or flour, the dough should be nice and smooth, not sticky or too dry.
- Place the dough between 2 sheets of greaseproof baking paper (I use a reusable silicone liner) and roll out until about 2mm thickness. If using 2 baking sheets divide the dough in half before rolling out.
- Remove the top layer of baking paper and mark the dough with a knife into squares and prick them all over with a fork.
- Transfer onto a baking tray keeping the bottom layer of paper.
- Bake for 10-15 min. Keep an eye on the crackers as the outer edges always bake quicker. You might have to move them around, so they bake evenly.
- Store in an airtight container for up to a week.
- Enjoy with your favourite dip or on their own.