

## Functional Nexus Better Breads

### Preparing for success

For almost all of our patients, whether to help with autoimmunity, reduce inflammation, aid weight loss or support neurological recovery, dietary changes are at the heart of our recommended treatment plans. Almost universally, we will offer the advice to avoid gluten long term.

At Functional Nexus, we 'walk the walk', and almost all of our staff follow gluten-free, low carb diets and consciously seek out good quality alternatives. We know what it feels like to be unable to eat 'normally' (whether surveying the fare at the local café or planning a packed lunch from home), and over the years we have learned to adapt and thrive with dietary restrictions that may, at first, seem daunting.

Bread is undoubtedly one of the biggest stumbling blocks when it comes to dietary changes, so we are sharing with you our secret cheats as well as our favourite healthy home-bake recipes to help you survive the transition. We hope that in time you will come to love the healthier, more nutrient-dense world of GF options as much as we do.

### Why make the effort?

While we all succumb to the Supermarket GF loaves for convenience (and the Warburtons Tiger loaf is a good approximation to how I remember white bread when I last ate it 11 years ago), most store-bought breads (especially those found down the 'Free From' aisle), are highly processed, high in sugar and often better removed from your regular diet. If you're trying to remove gluten and follow a lower carbohydrate diet, there are no store-bought bread options that will fulfil both of these criteria. For some this is not a problem, but for most, the new restrictions can leave a loaf-shaped hole which is difficult to fill.

We want you to try new things and learn that GF bread can be tasty, nutritious and really not as hard to make as you might think (no gluten = no kneading the dough). Whatever your health goals are, we have worked together to produce a list of our favourite recipes and pre-made 'better breads'. The recommendations below are all gluten free and some are also low carb or compatible with a ketogenic diet.

While not all of the replacements below will make a great sandwich, most are excellent toasted and topped with mackerel or sardines, avocado, eggs or nut butter with berries.

### Isn't Sourdough Gluten Free?

The short answer is only if it's been made with gluten free flour (see some great recommendations below). While it's true that the fermentation process with the sourdough starter does help to reduce the gluten content of wheat flour (especially if it's been made with a lower gluten ancient grain), you would have to very carefully long-ferment wheat flour (and avoid contamination with any unfermented flour), to get anything near to a gluten-free loaf.

However, If you want to lean about making your own sourdough (and are not affected by trace amounts of gluten), then we recommend learning from a local Sourdough school or one of the great online courses. Eg: <https://thesourdoughschool.com>

Unfortunately, when eating out in your local café or purchasing local sourdough, the gluten content is almost certainly too high for any patient with gluten sensitivity. Sadly, due to the favourable press it receives, artisanal sourdough has been noted as a leading cause of many autoimmune relapses amongst patients the clinic.

## Ready-to-Eat GF Breads

### Making the best of the Store bought GF bread:

Pragmatism and convenience mean that every GF diet will contain some supermarket-bought, processed bread. Here are some of the options:

**Warburtons sourdough and tiger loaves** probably taste the best (if soft, while and fluffy is what you're after), but nutritionally they are not great (and often higher in carbs than regular bread slice for slice).  
<https://www.warburtonsglutenfree.com>

**Genius Tiger loaf** (affectionately referred to by my sons as 'crack bread'), is essentially cake (and eating it makes you feel guilty). However, if it's what you need then it does taste nice. <https://geniusfood.com/en-gb/>

**Shär Long Life loaves:** Our family tend to avoid the Shär range as the vast majority of their products contain soy protein (which I am sensitive to). For many patients we recommend a gluten, dairy and soy-free elimination trial – so using alternative brands is recommended if this applies to you. However, when traveling in Europe this is often the only brand available and some recipes are soy free. <https://www.schaer.com/en-uk>

**BFree:** If you are looking for the healthier options, my recommendations would be the Bfree range <https://www.bfreefoods.com/ukirl/> These tend to be higher in fibre and wholegrains with less added sugars. For our Jewish patients, a lot of their range is also Kosher: <https://www.bfreefoods.com/ukirl/dietary/kosher/>

**Promise Gluten Free Range** looks to have some good products, but where I live (in Derbyshire, north of England), the only loaves I have seen locally are the sliced white loaves and these seemed very dry and crumbly (difficult to get a whole slice to get in the toaster). However, the rest of the range might be okay (GF bread ideally should only be sliced when you need it as it dries out quite quickly).  
<https://promiseglutenfree.com>

**New York Bakery Co.** make some great GF bagels and these are often available in Tesco:  
<https://newyorkbakeryco.com/gf-original-bagel>

**Old El Paso Range:** For wraps (great with Mexican food or alternative to sandwiches), the Old El Paso GF Tortillas are great – still soft and flexible (unlike many alternative brands). They also make a pure corn tortilla (which is also naturally Gluten free). <https://www.oldelpaso.co.uk/products/gluten-free-tortillas>

### Independent GF Bakers who deliver Online:

These are certainly a cut above the mass-produced supermarket offerings and are worth browsing if you want something healthier and fresh.

**Knife and Fork Bakery:** 100% GF breads, brownies and granola <https://knifeandforkbakery.co.uk/>

**The Gluten Free Bakery:** South London based GF breads including award winning sourdough and Bagels  
<https://www.mygfbakery.com>

**Wildcraft Bakery:** Leeds-based 100% Bakery offering Breads, pastries and a range of doughnuts  
<https://wildcraftbakery.com/collections/online-shop/products/pitta-bread>

**Wheat Free Bakery:** Scottish, family-owned business with a great range of bread and cakes  
<https://www.wheat-freebakerydirect.co.uk/shop>

**Good Grain Bakery:** Award winning, great range of organic, GF Sourdough loaves and bagels  
<https://www.goodgrainbakery.com/collections/all>

### Long-Life loaves:

**Seedful:** Gluten dairy and soy free, nut free seed loaves with some great low carb options  
<https://store.seedful.co.uk>

**Biona Organic:** Biona carry a huge range of organic foods which can be a massive help for those looking to reduce their intake of pesticides and toxins often found in so many of our pantry basics. They also stock a range of GF crisp breads, heat in the oven loaves, pasta and cereals:  
<https://biona.co.uk/search?q=Gluten+free>

### Available from the Natural Dispensary:

Natural Dispensary sells a range of specialist breads that you can use our clinic discount code with when purchasing (alongside your supplements).

**The Sunshine Organic Bakery:** Gluten and wheat free loaves (not coeliac-safe as may contain traces of wheat flour and nuts due to manufacturing environment). Sourdough Bread, keto seed loaves and Fruitea loaf available here: <https://naturaldispensary.co.uk/?query=sunshine%20organic%20bakery>

**Dillon Organic:** Organic, Gluten Free, low carb and Vegan breads This range is available from Natural Dispensary <https://naturaldispensary.co.uk/?query=dillon> The following are available as long life (vacuum packed) half-loaves:

[Gluten Free Olive Bread 275g](#)

[Gluten Free Seeded Bread 275g](#)

[Keto Bread Chia Flax 250g: The Natural Dispensary](#) (suitable for a Ketogenic diet)

[Keto Bread Original Flax 250g: The Natural Dispensary](#) (suitable for a Ketogenic diet)

[Keto Bread Beetroot Flax 250g: The Natural Dispensary](#) (suitable for a Ketogenic diet)

## Bread Mixes and Flour Ranges

### Doves Farm Organic Range:

Offering a wide variety of organic flours as well as packaged mixes for baking, and loads of recipes, these products are widely available in supermarkets or online. This is great for chickpea, coconut or buckwheat flour (all naturally gluten free):

<https://www.dovesfarm.co.uk/organic-flour-shop>

Doves Farm also have a dedicated Gluten Free site and their Gluten Free self-raising flour mix is my go-to for celebration cakes and fluffy pancakes. Visit their site for loads of recipes, flour mixes as well as GF snacks, organic breakfast cereals and pasta.

<https://www.freee-foods.co.uk>

### Shipton Mill Gluten-Free Flours:

If you're really into baking and want to experiment with your own flour blends then Shipton Mill has a huge range of GF flour options (some of which are organic). From Chestnut and Teff through to Sorghum and gram fours they have everything the advanced GF baker might want to experiment with. <https://www.shipton-mill.com/collections/gluten-free-flour>

If you're new to GF baking then they also offer GF baking courses.

### Quetomix:

Functional Nexus's Dr Clementina introduced us to Quetomix and it makes low carb baking quick and simple. Developed by neuroscientist Dr Niel Bindeman, this low carb flour which contains a mixture of flax, chia, almonds and coconut can be made into bread, pastry and keto brownies. Profits go towards charities supporting Person-centred care in the delivery of neuroscience services. To purchase the mix and see recipes the website is here:

<https://ketobakery.co.uk/> Here's a recipe to get you going with the Mix:

### Oven Bake Qeuto Loaf:

#### Ingredients

- 125 – 150g of Qetomix
- 1.25 to 1.5 tsp of baking powder
- 0.25 tsp of salt
- 90 – 100ml carbonated/sparkling water
- 100g of sour cream
- 1tbs of white wine or apple cider vinegar

#### Method

- Weigh out the mix and add all the dry ingredients together in a bowl
- Add and mix in the sour cream, water and white wine/apply cider vinegar
- Place the dough mix onto a baking tray
- Bake at 190 to 200 degrees C for approx 25 – 30 mins (fan assisted oven)
- Turn down to 100 degrees C and bake for a further 30 minutes (to help bake out the remaining moisture)

### Caputo Gluten-Free Wheat Flour:

Made from wheat flour with the gluten removed, this is not suitable for those with wheat allergy, but it does make great GF Pizza dough and Foccacia. I was first introduced to this by a member of my brother in Law's family – she bought over her portable Pizza oven to a BBQ and we had amazing freshly made pizza outside. It's not cheap, but if you want to find something that makes great pizza dough then this is it:

<https://www.amazon.co.uk/Mulino-Caputo-Fioreglut-Gluten-Free-Flour/dp/B0876WRT6Q>

The Caputo Website has some great GF recipes using this ultra fine flour:

<https://caputoflour.com/blogs/recipes?handle=caputo+gluten+free+flour>

## GF Pizza Dough

### Ingredients

300 g Caputo Gluten Free Flour  
240 ml warm water (not hot)  
2 tsp caster sugar  
7 g yeast (dried yeast works well)  
1 tsp fine salt  
1 tbsp olive oil

### Method

Stir the sugar into the warm water and until dissolved, then add the yeast and stir again. Cover with a tea towel and leave in a warm spot for 5-10 minutes for the yeast to activate.

Add the gluten free flour and salt to a large mixing bowl and stir together.

Once the yeast mixture has activated, pour it into the flour and then add the olive oil. Use a wooden spoon to bring the mixture together.

Once the mixture has come together into a thick, sticky dough, lightly dust a work surface with some extra gluten free flour then scrape the dough out onto the worktop.

Lightly flour your hands and knead the dough until it forms a smooth ball.

Grease the bowl with a little olive oil then place the ball of dough back in and cover loosely with oiled clingfilm (or beeswax wrap), and a tea towel. Place in a warm spot and leave to rise for around an hour until the dough has doubled in size.

Once the dough has proved, preheat the oven to 240C / Fan 220C / Gas Mark 9 (or as high as your oven will go). This will make either 2 x 8-inch pizzas or a single, 12-inch pizza.

Place the dough on a sheet of baking paper, lightly oil your hands and press the dough out to form a circle shape. It will puff up in the oven so you can press it quite thin, around 5-10mm.

Top the pizza with your chosen sauce and toppings and then bake in the hot oven for 15 minutes until the crusts have puffed up and the toppings are melted and bubbling.

### Looking for Dairy Free Pizza Mozzarella?

If you are also cutting out dairy, then we know that a lot of the vegan cheeses out there really just don't work on Pizza (or smell horrible). However, we noticed that the vegan cheese at Pizza Express was actually nice (and not like anything we could find in the shops). The secret is a fermented rice cheese – which we think helps to make the pizza. You can only buy it online, but it's worth it for a treat:

[Mozza Risella Vegan Cheese](#) (from Amazon)

### Bee free packet seeded bread

This is a good but easy and quick homemade option. best eaten on the day it's been made or used for toast. Follow instruction on the pack

[Free seeded bread mix](#)

## GF Bread Recipe Sources

While we are sharing our favourite tried and tested recipes below, there are thousands of websites and blogs offering GF baking and recipes online. Some of the best include:

**The Loopy Whisk:** Katarina Cermelj produces fantastic allergy friendly recipes for bread, cakes, cookies and there are dairy and egg free options also included. Her GF Carrot cake is my children's favourite birthday cake request: <https://theloopywhisk.com>

**Healing Gourmet:** Kelly Herring produces fantastic low carb and ketogenic diet content and her book **Keto Breads** has some of the best GF bread recipes I have tasted. Not all are simple and you do need some specialist ingredients – but especially worth it if you're looking for a GF keto diet bread.

<https://healinggourmet.com/kelley-herring-health-through-therapeutic-nutrition/>

**A Little Bit Yummy:** Alana Scott combines GF Baking with low FODMAP requirements for patients with SIBO and FODMAP sensitivities: <https://alittlebitummy.com>

## Nut and Seed Breads

Nutrient dense, high in essential micro-nutrients and low in carbs, these breads are dense, flavourful and need to be toasted and topped with cheese, sardines, avocado, eggs or nut butter with berries for great Keto meals and snacks. The Scandinavians lead the way with these breads and it's worth looking for other Nordic Seed loaves if this is the kind of nutrient-dense bread you are looking for.

### Sourcing nuts and seeds:

Local supermarkets and stores may not always have the ingredients you need for some of these more specialist recipes (or you may only be able to purchase tiny bags – unsuited to the larger quantities of seeds etc needed for the recipes below). I tend to buy in bulk online once I find a recipe I am going to use regularly and also take a big bag with me when we visit our nearest wholefood stockist.

When baking without Gluten, a binding agent is often needed and some recipes require a lot of eggs, others use Psyllium husk. It's worth getting a bag of this online to experiment with (as it's not available in most supermarkets).

Although I will buy pre-milled almond flour, I buy other nuts and seeds whole and any mill them in my Nutribullet food processor when I need them. This prevents the seeds from oxidising and going off. So while milled linseed or pumpkin flour might look easier to work with, if you have a small milling blade then just buy the whole seeds instead.

### Wholefood stockists we like:

**Grape Tree** stores and online have a great range of nuts and seeds and often have everything you might need. We love the store near to us in Bakewell in the Peak District: <https://www.grapetree.co.uk/nuts-seeds-fruit>

**BuyWholefoodsOnline** have a great range of natural, organic and vegan friendly foods and can make baking with nuts and seeds much more cost effective: <https://www.buywholefoodsonline.co.uk/nuts-and-seeds>

**Forest Whole Foods Organic:** Whether you want standard packs or bulk buys, there are lots of organic options and useful recipes here: <https://www.forestwholefoods.co.uk>

### Dr Sarah Myhill's Original Linseed bread:

While this might no longer be my favourite low carb bread mix, it's the original keto bread recipe designed many years ago by keto trailblazer, CFS expert and general medical warrior Dr Sarah Myhill. Cheap, easy to make and the lowest carb bread available, this is definitely one to try.

You can see Sarah's full recipe with comments on her website here: [https://drmyhill.co.uk/wiki/The\\_Paleo\\_Ketogenic\\_Diet\\_-\\_PK\\_Bread](https://drmyhill.co.uk/wiki/The_Paleo_Ketogenic_Diet_-_PK_Bread)

### Ingredients

- 250g whole golden linseeds
- 1 tsp salt
- 270ml water (care with this, very critical)
- Coconut oil / lard / olive oil to stop the dough sticking
- Optional Additions (not in the additional recipe but now used by Sarah for a better taste):
  - 1 generous teaspoon of caraway, cumin or fennel seeds (hides the 'fishy' linseed taste)
  - 3.4 tsp baking powder and 1.5 dessertspoons Psyllium husk (gives a better rise for making a loaf, less needed if making mini bread buns)

### Method

Pre-Heat oven to 220C

Grind linseeds with salt (with other seeds as desired) to a fine flour in 2 batches in a food processor (Nutri-Bullet or Ninja work well), for roughly 30 seconds.

Add the water to the flour mix and stir until all of the flour becomes smooth then holds together as a dough. Wait a further 30seconds for the linseeds to absorb all the water.

Grease your hands in coconut oil / lard / olive oil then coat the outside of the dough (do not knead or fold the loaf).

## Deliciously Ella No-Knead Walnut and Chia Bread

One of Dr Rosie's favourites (I am sadly allergic to walnuts so can't partake). This is easy to make and has a more 'squidgy' texture compared to other seed breads (thanks to the oat and buckwheat flour).

### Ingredients:

480 ml of water or dairy free milk.  
200 g of pumpkin seeds.  
160 g of almonds, or almonds and brazil nuts mixed.  
100 g of oats,  
200 g of buckwheat flour,  
85 g of walnuts  
85 g of sunflower seeds,  
Three tablespoonfuls of ground flax seeds,  
Three tablespoonfuls of chia seeds,  
One to two teaspoonfuls of salt.  
One tablespoonful of olive oil.

### Method:

In a food processor, grind down 150 g of pumpkin seeds, all the oats, and almonds/ almond and brazil nuts. Until they resemble a coarse flour.

Mix all remaining ingredients together, and leave to stand for one hour to absorb the fluid.

Transfer to a greased bread tin and cook for around an hour at 180 degrees C.

## Zoe's Seeded Keto Loaf

Prof. Tim Spector's Zoe App and gut health testing brought the science of the microbiome to the masses in the UK, and champions the power of food and fibre diversity to enhance the growth and health of the friendly bacteria living in our guts.

This is my bother in Law's favourite recipe from the Zoe App and he has religiously eaten it for at least one meal a day for the last few years (usually with a great mixed bean recipe). It's not only a great food for the microbiome, but it's compatible with a keto diet and great as toast.

Best kept in the fridge in an airtight container when made and will last a week in this way. You can batch prepare the dry ingredients for several loaves in a session, then just mix with water and bake when needed.

### Ingredients:

2 cups pumpkin seeds (or half and half sunflower and pumpkin seeds)  
0.5 cup of almond flour  
0.5 cup of flax seeds  
3 tbsp psyllium husk powder  
2 tbsp chia seeds  
1 tsp salt  
1.5 cups warm water  
2 tbsp melted coconut oil (or olive oil works just fine)  
1 tbsp Maple Syrup (optional)

### Method

Pre-heat Oven to 170 C

Mill ½ cup of the pumpkin seeds into a flour using a food processor

Mix all dry ingredients into bowl

Add melted coconut oil, water warm and maple syrup

Mix well

Place in a loaf tin (line it with baking paper too if considered necessary)

Bake for 45min

Consume when cool (it takes a while to solidify in the middle)

## Mary Berry's Nordic seed loaf

Nordic Seed loaves are very varied and quite tolerant to ingredient substitution. Some rely on eggs to hold together, while others use milled chia and flax as binding agents. There are many online but this one's from the BBC food website [https://www.bbc.co.uk/food/recipes/nordic\\_seed\\_and\\_nut\\_loaf\\_55001](https://www.bbc.co.uk/food/recipes/nordic_seed_and_nut_loaf_55001)

### Ingredients:

- Butter or oil, for greasing
- 4 large eggs
- 3 tbsp olive oil
- 50g/1¾oz soft dried dates, finely chopped
- 5g sea salt (about 1 tsp)
- 75g/2¾oz pumpkin seeds
- 75g/2¾oz sunflower seeds
- 150g/5½ oz pecans, finely chopped
- 50g/1¾oz sesame seeds
- 3 tbsp chia seeds

### Method:

Preheat the oven to 180C/160C Fan/Gas 4. Grease the base and sides of a 900g/2lb loaf tin and line with non-stick baking paper.

Break the eggs into a bowl and beat with a fork until combined. Add the remaining ingredients and mix well using a wooden spoon.

Pour the mixture into the loaf tin and bake for 45–50 minutes, until golden brown and firm in the centre.

Leave to cool in the tin for 5 minutes, then loosen the edges with a palette knife, remove from the tin and place on a wire rack to cool completely.

Slice into thin slices to serve.

## Almond and Courgette loaf:

This one is also great for keto dieters.

### Ingredients:

- 60g coconut oil, melted, plus extra for the tin
- 100g almond flour
- 12g psyllium husk
- 2 tsp baking powder
- 1 tsp baking soda
- 100g milled seeds (we used 50g sunflower seeds and 50g pumpkin seeds)
- 20g coconut flour
- 12g milled flaxseed
- 3g salt
- 3 eggs, beaten
- 1 medium courgette, grated
- 1 tbsp apple cider vinegar

### Directions:

Heat the oven to 200C.

Oil and line a 900g loaf tin with baking parchment. Set aside.

Put all the dry ingredients in a large mixing bowl, stir together and set aside.

Put the coconut oil, eggs, courgette and 115ml hot water in a separate large mixing bowl, then tip into the bowl with the dry ingredients and combine. Stir in the apple cider vinegar, mixing gently – try not to overmix the dough.

Transfer the mix to the loaf tin. Wet your fingers to smooth the top of the bread, or use the back of a spoon. Bake for 20 mins, then reduce the oven to 150C and bake for 30 mins more. Remove from the oven and leave to cool in the tin for 10 mins, then transfer to a cooling rack.

Slice the bread and toast the slices in a pan or oven.

## Breads made with GF flour

### Brown Seeded Loaf.

This is a dense and tasty loaf. It uses three flours but there are alternative flours for each one making it a flexible recipe. <https://theloopywhisk.com/2020/11/29/gluten-free-seeded-loaf/>

#### Ingredients:

One tablespoon of quick-acting yeast  
585 g of warm water  
30 g of psyllium husk  
195 g of Buckwheat flour/teff flour/sorghum/oat flour  
150 g of Tapioca flour/corn flour/arrowroot starch (flour)  
135 g of millet flour Oat flour/brown rice flour  
10 g of table sea salt  
15 g of apple cider vinegar  
150 g of mixed seeds and nuts - more can be added if you like seeds and nuts in your bread  
Egg for egg wash

#### Method:

Prepare: Lightly grease a 900 g loaf tin.

Mixing all the dry ingredients into one bowl, then add all the wet ingredients to it (water, oil, and vinegar) mixing and leaving for couple of minutes.

Knead the dough until smooth and it starts coming away from the bowl about 5 to 10 minutes.

To make a log out of the dough that fits comfortably into a 900 g/2 lb loaf tin, transfer the dough into the tin and ensure that the top is even. Cover and allow to rise until doubled in size (around 1.5 hours)

Preheat the oven to 250°C / fan 220 and put a baking tray in the bottom to allow you to bake with steam for the first 15 mins.

Once risen, lightly brush the top with egg wash and sprinkle on the remaining seeds.

Place the bread into the oven on the middle rack and pour boiling hot water into the bottom baking tray.

Bake with water for 15 minutes.

After that time, open the door to let the steam escape and reduce the temperature to 220 (200 for fan oven).

Bake for further 60 to 90 minutes.

Remove from the tin immediately and allow to cool.

### Crunchy Crust White Loaf

If you want a treat and to remember the crispy warm white bread of the past treat yourself to this recipe. - nice whilst still warm to get the benefit of the crust and soft middle. <https://theloopywhisk.com/2023/12/02/gluten-free-white-bread/>

#### Ingredients:

20 g of whole rough psyllium husk (if using psyllium husk powder only use 17 g)  
360 g of lukewarm water  
145 g of tapioca starch or corn flour/potato starch/arrowroot starch  
145 g of millet flour or use ground rice, ground brown rice flour  
50 g of sorghum flour or light buckwheat flour, teff flour, or oat flour  
15 g of caster sugar (when tried in clinic, we've used less than this and it's been okay at half a tablespoon)  
8 g of salt  
6 g of instant yeast  
15 g of olive oil  
1 g of apple cider vinegar - one and a half teaspoons of salt, two teaspoons of instant yeast, one tablespoon of olive oil, one and a half teaspoons apple cider vinegar  
One egg white, or non-dairy free milk for brushing the bread before baking

#### Method:

Mix all the dry Ingredients together

Make a well in the middle of the dry ingredients and add the water, olive oil and vinegar.

Mix them altogether well until it's smooth and all the ingredients are evenly incorporated then leave for 5 minutes for the water to fully absorb.

Roll the dough out into a rough rectangle about 20 cm by 28 cm long. Roll the dough over so it's like a Swiss roll.

Place the dough, seal side down onto a large baking sheet lined with baking paper. Lightly cover the loaf to prevent it drying out.

Prove in a warm spot until about double in size (around 30 minutes)

Preheat the oven to 220°C whilst the dough is proving. Place a baking tray at the bottom of the oven whilst it preheats.

Once the loaf has doubled in size, brush it gently with whisked egg white or non-dairy milk and use a sharp knife to score the loaf with five to seven diagonal slashes.

Place the loaf into the oven on the lower middle rack and place five to six ice cubes onto the lower baking tray or some water and shut the door immediately.

Bake the loaf with steam for 15 minutes, ensure you don't open the oven door during this time.

After 15 minutes, open the oven door to let out the steam and remove the bottom baking tray. Close and bake for another 25 to 30 minutes until the bread is golden brown.

## Legume Based breads

### Lentil Loaf:

This is a fab little loaf that uses soaked and blended dried lentils and chickpea flour, giving it a bit more protein than an average loaf.

<https://elavegan.com/lentil-protein-bread/>

#### Ingredients:

300 g of dried lentils (soaked) .  
320 ml of water.  
100 g of chickpea flour.  
90 g of oat flour (you can make oat flour by grinding normal oats in a food processor, or you could purchase oat flour individually).  
26 g of sodium bicarbonate  
60 g of mixed seeds or nuts.  
One teaspoon of salt.  
One teaspoon of baking soda.  
One and a half tablespoons of apple cider vinegar or lemon juice.

#### Method:

Soak the lentils in a large bowl with plenty of water for at least two hours or ideally overnight. Then drain the water.  
Preheat the oven to 205°C and grease a large loaf pan, large bread pan, bread tin with olive oil.  
Blend the soaked lentils in a food processor or blender with 130 to 320 ml of fresh water until they are puréed.  
Add the puréed lentils and all the remaining ingredients to a large bowl and mix well with a spatula.  
Pour the batter into the loaf tin, sprinkle some additional pumpkin seeds on top if you wish, and bake the bread for 45 minutes.

### Socca (chickpea Flour) bread:

These are a good alternative to bread they originated in the south of France and are more like a flat bread and delicious eaten warm and a good accompaniment to soup. They could also be used as a base for a pizza.

[https://www.bbc.co.uk/food/recipes/socca\\_pancakes\\_with\\_94678](https://www.bbc.co.uk/food/recipes/socca_pancakes_with_94678)

#### Ingredients:

75g of chickpea flour,  
1/4 teaspoon of gluten-free baking powder,  
1/4 teaspoon full of smoked paprika,  
1/4 teaspoon full of dried thyme,  
1/4 teaspoon of sea salt,  
2 tablespoons of olive oil.  
Alternative herb options could be used, Za'atar in place of thyme and paprika is one of Dr Rosie's favourites.

#### Method:

Whisk together all the dried ingredients with 185 ml of water.  
You may want to allow this time to rest so that the flour can be fully absorbed.  
Heat a little oil in a pan. Ladle the half of the batter into the pan.  
Cook for six minutes on each side or until golden and slightly crisp.  
(You should be able to lift the edges of the pancake away from the pan and flip it easily without it breaking.)  
Repeat to finish the batter  
Serve warm and with fillings of choice.