

Chia Bread

Ingredients required for 6 persons

Preparation time 90 minutes

Difficulty medium

Ingredients

100 g	chia seeds
50 g	chia flour
400 ml	lukewarm water
50 g	maize flour
50 g	buckwheat flour
50 g	teff flour
50 g	flaxseed flour
50 g	coconut flour
2 TL	salt
1.5 TL	cane sugar
1 TL	bread spice
1	cube of fresh yeast
50 g	rice flour
3 EL	yogurt
50 g	oats



Preparation

Pour 200 ml lukewarm water over the chia seeds and let soak. Pour the remaining water over the chia flour and let soak as well. Stir both batches several times and allow to swell for at least 15 to 20 minutes until a gel-like mass has formed.

Mix the remaining flours and add 1 teaspoon cane sugar and bread spice. Stir yeast in lukewarm water with a little cane sugar and 1 tablespoon rice flour and yogurt. Cover up and let rest in a warm place for 30 to 60 minutes until the yeast is activated and produces foam.

Mix all ingredients, including the soaked chia seeds and flour, in a

large bowl and knead into a smooth dough. The dough should not be too sticky; add water or butter milk if it is too dry.

Line a loaf pan with parchment paper and evenly spread out the dough. Brush the surface with a little water. Let rest in the oven (at around 30 °C) for at least 1 hour. Due to the yeast, the dough will grow to twice the initial volume.

Sprinkle the dough with oat and bake at 250 °C for 45 minutes. Retrieve from the loaf pan and bake for another 30 to 45 minutes until the outside is brown and crunchy. Remove from the oven and allow to cool entirely.

By the way

We recommend to keep the bread in the fridge for longer durability.