



# The Mother of All Gluten-Free Breads

From Plant Based Cooking Made Easy by Jill and Jeffrey Dalton

## Ingredients

- ½ c buckwheat groats
- ½ c quinoa
- 1½ gluten free oats
- ¼ cup chia seeds
- ¼ cup psyllium husk
- 1 tsp aluminum-free baking powder
- ½ t baking soda
- ¼ cup applesauce

## Directions

- Soak buckwheat and quinoa in water overnight
- Preheat oven to 350F.
- Rinse and drain buckwheat and quinoa.
- Place all ingredients in a food processor and mix.
- Pour into silicone bread pan or lightly oiled bread pan
- Bake for 1 hour or until done.
- Remove from the pan and let cool.