Gluten Free Multi-Grain Bread

Preheat oven to 350°F (180°C).

Crack flax seeds by briefly processing in a blender. Combine with the other grains and add boiling water. Let sit for at least 10 minutes.

350ml	*hot water*
80g	*cracked flax seeds*
30g	*sunflower seeds*
50g	*millet*
40g	*sesame seeds*
100g	*buckwheat cereal*
◇	
300ml	*water*
30g	*psyllium*
40g	*maple syrup*
30g	*cider vinegar*
◇	
300g	*buckwheat flour*
10g	*baking powder*
3g	*baking soda*
9g	*salt*
◇	
8g	*sesame oil*
10g	*sesame seeds*

Combine remaining water, syrup and vinegar in a large bowl. Add psyllium and whisk to get rid of any lumps.

Once the soaking grains have cooled down to the touch, add to psyllium seeds and whisk everything until mixed evenly. You should have a gloopy gelatinous mix of ingredients.

Add remaining dry ingredients to the prepared wet ingredients and mix by hand until a homogeneous dough ball forms. This should take 3 to 5 minutes of gently folding the dough. At the very end, incorporate the sesame oil. Then transfer to a 9"×5" loaf pan.

Coat top of bread with remaining sesame seeds and pat down to help them stick. A small amount of water on the dough could help.

Bake for about 75 minutes or until interior of he loaf has reached at least 200°F (93°C). Remove from loaf pan and let rest on a cooling rack until it reaches room temperature before slicing.

Makes one small 2¾lbs loaf.