

GLUTEN-FREE, YEAST-FREE SODA BREAD

Love bread? Your gut will love this simple wholesome recipe...



I've experimented with many gluten-free options over the years, and I am a firm believer in 'bake your own'. I tend to bake on a Sunday morning and then slice and freeze half the loaf for the rest of the week. It's a mindful and calming activity that fits well with the rhythm of Sundays.

Serves: 1 loaf

Prep time: 45 minutes

Ingredients:

- 450g | 1lb mixed GF brown flour
- 50g | 1¾oz oats
- 1 tsp baking soda
- 400ml | 14floz DF buttermilk (400ml | 14floz organic soya milk/DF milk; 1 lemon, juiced; 40ml | 1½floz kefir)

If you are following the IBD-AID diet, replace mixed GF brown flour with 300g | 10½oz of oat flour and 150g | 5½oz almond flour). If you are tolerant, it's great to experiment with heritage grains like einkorn, spelt or buckwheat.

Make DF buttermilk from 400ml/14floz organic soya milk (or a creamy DF milk) with 1 lemon, juiced – option to add 40ml | 1½floz of kefir (ethically sourced from Chuckling Goat), as this adds a lightness and distinctive taste.

Directions:

- Heat the oven to 200°C | 392°F | gas mark 6 and pop in a baking tray lined with parchment paper to warm.
- Place dry ingredients in a mixing bowl and add in the homemade buttermilk. Combine together gently and firmly – this is a no-knead bread. The mixture will be quite wet and sticky – that's fine.
- Shape the bread straight onto your warm baking tray. Shape into a circle with your hands, then use the back of a knife to make a cross on the top. I like to leave it to stand for a couple of mins and then sprinkle with a few oats.
- Bake in the oven for 40 minutes. Allow the bread to cool and then slice.

• ✓ Biome-friendly; GF, DF, YF

Top tip:

To create your own plant-based buttermilk you want to use the creamiest milk you can. Organic soya milk works well, or a creamy oat or almond milk. But don't go for a low fat; your bread texture will be heavy, creating a close crumb.

