

Buckwheat Bread - Bio-Oz buckwheat kernels (Gluten Free)

Ingredients

360 gram of Bio-Oz buckwheat kernels
170 gr of millet kernels
170 gr of quinoa
1 level tbs of salt (or less adjust to personal preference)

Instructions

Rinse and soak overnight
Drain and mix in food processor with 1 tbs of salt
3 tbs of psyllium husks
There should be enough water to make a thick paste
Cook in the oven in 150C for 2 hours
Keep in the fridge, best toasted
Enjoy

Thank you to Basia Sujecki for sharing this beautiful buckwheat bread recipe

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