

-1Fibre Bread --- Machine Loaf -- Gluten Free

Glutafin

This recipe has been developed for a machine which can make a 500g/17oz loaf. Check your bread machine instructions for the loaf size and if you prefer a smaller loaf then halve the recipe, but do not reduce the bread machine cycle.

Makes:- 1x500g/17oz loaf

Bread Machine Cycle:- 1 hour 45 minutes to 2 hours 20 minutes

Ingredients:-

400ml/14fl oz of hand hot water

4 x 5ml tsp of vegetable oil

500g/17oz of Glutafin Fibre Bread Mix (a whole packet)

1 x 8g sachet of yeast (enclosed in the mix packet)

Method

1. Place ingredients into the bread machine pan, in the order shown.
2. Select a bread machine cycle of approximately 1 hour 45 minutes - 2 hours 20 minutes. This is often called a quick programme on some machines.
3. If you have a crust selection setting, then select medium or dark crust.
4. During the initial kneading process the mix sometimes can get stuck in the corners of the pan. Open the lid during the machine's first rest cycle and scrape back the loose mix, using a spatula.
5. Remove the bread from the pan, as soon as the programme finishes and turn out onto a cooling tray.
6. If the paddle gets stuck in the finished loaf, leave until cold before removing.

Tip

For a granary style loaf, with added crunch and flavour, add the following to the bread pan, with the mix:-

25g/1oz Pumpkin Seeds

15g/½ oz each of Sunflower and Linseeds