

# Linseed Bread in a Microwave Oven



## Ingredients for only 1 person, double or treble if for more

- 1 egg
- 2 tbspn Flax Farm freshly ground linseed meal
- ½ tspn gluten free baking powder

## For Seasoning

- Salt
- Sweeten with a drop of vanilla extract or a tiny pinch of cinnamon

## Method

1. Mix all the above ingredients in a bowl, above ingredients for 1 person, if for 2 people then double or treble.
2. Remember the bread will rise a lot, so make sure the bowl is large enough.
3. Then microwave for 2 minutes on full power, or if you wish to use an oven, place the ingredients in an oven proof container, then bake in a hot oven for about 10 minutes