

A CenFully Good Recipe from



Sunflower Flax Bread

Ingredients

2/3 c sorghum flour
1/2 c amaranth flour
1/4 c flax flour
1/2 cup potato starch
1/4 c cornstarch
2 tbl agave nectar
2 1/2 tbl xanthum gum
1 tbl insant yeast
1 1/4 tsp salt
1/2 c cracked or ground flax seed
1/2 c raw unsalted sunflower seeds
2 eggs
1 egg white
1 c water
1/4 vegetable oil
2 tsp cider vinegar

Preparation

1. Combine sorghum flour, amaranth flour, flax flour, potato starch, cornstarch, xanthum gum, yeast, salt, sunflower seeds and flaxseed into large bowl and mix well then asset aside.
2. In a separate bowl, using a heavy duty mixer with paddle attachment, combine eggs, egg white, agave nectar, water, oil, and vinegar until well blended.
3. With mixer on lowest speed, slowly add dry ingredients until combined. Stop mixer and scrape bowl with soft spatula, then resume on medium speed for 4 minutes
4. Spoon into prepared pan, let rise for 60-80 minutes, uncovered in a warm draft free area. Preheat oven to 350.

5. Bake for 35-45 minutes, or until loaf sounds hollow when tapped from the bottom, remove from pan and cool on rack.

Glycemic Index: Low

Glycemic Load: Moderate