



Bread Loaf using regular yeast

60	ml	warm water, 38 to 44°C (100 to 112°F)	1/4	cup
5	ml	sugar	1	tsp
7.5	ml	regular bread yeast	1 1/2	tsp
500	ml	boiling water	2	cups
125	ml	Valley Kitchen golden flax flour	1/2	cup
30	ml	sugar	2	Tbsp
5	ml	salt	1	tsp
480	g	Valley Kitchen All-purpose flour	4	cups
		plus 1/2 to 3/4 cup extra for shaping & kneading		
2		large eggs, room temperature (optional)	2	
500	ml	mixed seeds – flax, quinoa, sunflower, pumpkin	2	cups

1. Activate the yeast. Measure 1/4 cup warm water into a warm bowl. Stir in 1 tsp of the sugar and the 1 1/2 tsp of yeast. Set aside in a warm place for about 10 minutes to activate.
2. Boil the water for mixing the dough.
3. Measure the hot water and golden flax flour into a bowl a beat on medium for 2 to 3 minutes to form a gel.
4. Mix in the sugar and salt.
5. Add the flour. Mix for 1 to 2 minutes. Check the dough temperature. If it is down to proper range 38 to 44°C (100 to 112°F), mix in the activated yeast.
6. If using the eggs, warm them to room temperature in a bowl of warm water. Add them to the dough.
7. If you are adding seeds such as whole flax, sunflower, chia, quinoa, pumpkin or other favourite, add them now.
8. Set the dough aside in a warm place to rise for 30 to 40 minutes or until double in size.
9. Spread additional gluten free flour, or Valley Kitchen Pancake & Cookie Mix, on a warm work bench and turn out the dough onto the floured surface. Knead and shape the dough into a loaf shape, using extra flour as necessary to form a soft, manageable loaf. Place into a lightly oiled bread pan.
10. Leave in a warm place to rise for 30 to 40 minutes or until double in height. If you allow the dough to rise too high, it may collapse during baking.
11. Bake in oven preheated to 375°F for 40 to 45 minutes.
12. Cool completely before slicing.

Use Valley Kitchen Pancake & Cookie Mix for the final kneading to create a whole grain look to the loaf.

