A Valley Flax Flour recipe

GLUTEN FREE

Sandwich Loaf

Yield: 1 medium loaf

750	ml	**Multi-purpose flour blend**	3	cups
10	ml	quick rise yeast	2	tsp
15	ml	sugar	1	Tbsp
5	ml	salt	1	tsp
375	ml	water at 50 to 54ºC (125 to 130ºF)	1 1/2	cup

Slice the loaf into 16 slices. Per slice: 90 calories, 3 g fat, 0.4 g saturated fat, 0 mg cholesterol, 150 mg sodium, 15 g carbohydrate, 3 g fiber, 1 g sugar, 3 g protein

1. Measure the flour blend, yeast, sugar and salt into a bowl.
2. Heat the water. Ensure the temperature is in the required temperature range.
3. Add the water to the dry mix. Using a counter top mixer or large spoon, mix the dough for 4 to 5 minutes.
4. Set aside in a warm place to rise for 30 to 40 minutes, or until double in volume.
5. Spread gluten free flour on the work bench and turn the dough onto the floured surface. Knead a few times with a bit of extra flour so that you can shape the dough into a medium size loaf.
6. Place into an oiled bread pan.
7. Leave in a warm place to rise for 30 to 40 minutes or until double in height.
8. Bake in oven preheated to 350ºF for 35 to 40 minutes.

Cool completely before slicing.

This loaf is very easy to free-form on an oven sheet or stone.

You can also use the dough to make 2 x 12 inch pizza crusts.

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