

*Gluten-Free, Yeast-Free,  
Egg-Free Multi-Grain Bread  
(Sweet Potato-Free Version)*

*This recipe was developed in response to several readers, especially those outside the US, who had some difficulty obtaining sweet potato flour. This recipe comes quite close to the original loaf recipes in my cookbook.*

*The teff and quinoa are nutrient rich grains. Adding them to the bread creates a wonderfully healthy multi-grain loaf of bread packed with protein and fiber.*

*And this bread tastes so good, too!*

*The trick to getting the greatest rise out of this bread is emulsifying the “chiaeggs” with an **immersion** or **stick blender** before adding them to the remaining ingredients.*

Makes one loaf

Preheat oven to 425 degrees. Heavily grease a 8 x 4½ x 3-inch loaf pan. In a large mixing bowl, briskly whisk together:

¾ cup **arrowroot flour**  
¾ cup **white rice flour**  
½ cup **tapioca flour**  
¼ cup + 2 tablespoons **ivory teff flour**  
¼ cup + 2 tablespoons **quinoa flour**

¼ cup **sugar**  
1 tablespoon **konjac powder** or **xanthan gum**  
1 tablespoon **cream of tartar**  
1½ teaspoons **baking soda**  
1½ teaspoons **sea salt**

In a small pot, heat to almost boiling:

cup of **water**

In a 2 cup measuring cup, add:

2 tablespoons **whole chia seeds**

Then add to it:

9 tablespoons of the **heated water** (½ cup + 1 tablespoon)

Blend with an **immersion** or **stick blender** on high speed for 10 seconds or until mixture congeals. Let rest for 1 – 2 minutes, then blend again for 10 seconds or until mixture gels and thickens.

Add to it:

1 cups **water**

3 tablespoons **extra light olive oil**

2 tablespoons **lemon juice** or **apple cider vinegar**

Pulse again briefly, until all ingredients are blended together, and add to mixing bowl. Beat on low speed (over mixing can create tunnels and cause the top to separate from the rest of loaf after cooking) for only 45 seconds (use a timer for accuracy to ensure best rise). Batter will resemble a thick muffin batter. Immediately fold into greased loaf pan. Batter will fill up three quarters of the pan.

Place loaf pan in oven. (**Loaf should be placed in oven soon after liquid has been added to dry ingredients to ensure the greatest rise.**)

Lower oven temperature to 400 degrees. Bake for one hour. Remove from oven. Remove loaf from pan and place on wire rack to finish cooling. (Leaving bread in the pan can cause the bottom crust to become soggy from condensation.) Allow bread to cool at least an hour for ease in slicing. When completely cool, loosely wrap loaf with plastic wrap and store at room temperature. Bread stays soft and fresh for several days.

Or if desired when it's completely cool, slice and freeze it. Lay slices on a baking sheet that will fit in your freezer. Once frozen, remove bread from tray and place in a resealable bag in your freezer. Or simply separate slices with freezer paper before storing in a resealable bag in freezer. You can then remove as many slices as you need later, and it thaws quickly at room temperature. If you're making sandwiches for school lunches or to take to work and eat later, don't bother to thaw the bread first, as it will be defrosted by the time it's eaten.

- Every ingredient and cooking instruction is important in this recipe in creating the best possible loaf of bread. I do not recommend substituting ingredients in this recipe until you've made it a few times as written.