

I received an overwhelming amount of positive feedback after posting this recipe on a popular food website. Nutritious and delicious, Wholesome Flax Bread is the **ultimate sandwich bread**. Feel free to experiment with different flour combinations here.

Wholesome **FLAX BREAD**

FREE OF: NIGHTSHADES, * NUTS, PEANUTS, SOY

YIELD: 12 TO 18 SLICES

**1½ cups plus 1 tablespoon
warm water**
**2 tablespoons pure maple
syrup or agave nectar**
2½ teaspoons active dry yeast
**¼ cup plus 3 tablespoons
ground flaxseeds**
**¾ cup plus 2 tablespoons sor-
ghum flour**
**½ cup arrowroot starch or
potato starch** (*for nightshade-
free, use arrowroot starch)
½ cup quinoa flour
¼ cup garfava or bean flour
¼ cup tapioca flour
2½ teaspoons xanthan gum
1 teaspoon sea salt
2 tablespoons canola oil
2 teaspoons cider vinegar

Lightly oil an 8½ x 4½-inch loaf pan.

Put 1 cup of the water in a large measuring cup. Stir in the maple syrup and yeast. Let stand for about 5 minutes, until the yeast has bubbled and foamed about ½ inch.

Put the remaining ½ cup plus 1 tablespoon of water in a heavy-duty stand mixer or a large bowl. Stir in 3 tablespoons of the flaxseeds. Let stand until thickened, about 5 minutes.

Put the remaining ¼ cup of flaxseeds, the sorghum flour, arrowroot starch, quinoa flour, garfava flour, tapioca flour, xanthan gum, and salt in a medium bowl. Stir with a dry whisk until combined.

Add the oil and vinegar to the thickened flaxseed mixture. Using the stand mixer or a hand mixer, beat on medium speed for about 30 seconds, until well combined. Turn the mixer to low speed and gradually add the proofed yeast mixture and the flour mixture to make a dough. Turn off the mixer and scrape down the sides of the bowl with a rubber spatula. Resume mixing on medium-high speed for 5 minutes. The dough will be very sticky, similar to thick muffin batter.

Scrape the dough into the prepared pan using a rubber spatula. Smooth out the top. Let rise uncovered in a warm, draft-free place for about 70 minutes, just until the dough reaches the top of the pan.

About 10 minutes before the dough is done rising, preheat the oven to 350 degrees F. (If the dough is rising in the oven, be sure to remove it first.)

Bake for 40 to 45 minutes, until the top of the loaf is browned and a toothpick inserted in the center of the loaf comes out clean. Carefully remove the loaf from the pan and put it on a cooling rack. Let cool completely before slicing.

Per slice: calories: 117, protein: 3 g, fat: 4 g, carbohydrate: 18 g, dietary fiber: 3 g, sodium: 145 mg