**Gluten-Free Bread**

**Makes 1 Loaf**

**Ingredients**

300g arrowroot flour e.g. <http://www.amazon.co.uk/Buy-Whole-Foods-Online-Ltd/dp/B007CX1TI0>

400g gluten free buckwheat flour e.g. [http://www.amazon.co.uk/Organic-Buckwheat-Flour-Gluten-Free/dp/B007CX5JZO/ref=sr\_1\_1?s=grocery&ie=UTF8&qid=1454076762&sr=1-1-spons&keywords=organic+gluten+free+buckwheat+flour&psc=1](http://www.amazon.co.uk/Organic-Buckwheat-Flour-Gluten-Free/dp/B007CX5JZO/ref%3Dsr_1_1?s=grocery&ie=UTF8&qid=1454076762&sr=1-1-spons&keywords=organic+gluten+free+buckwheat+flour&psc=1) (you can buy this in bulk to reduce the cost – in 6 or 12 x 1kg bags) or [http://www.amazon.co.uk/Big-Organic-Buckwheat-Flour-1500g/dp/B00QFN1T9C/ref=sr\_1\_1?s=grocery&ie=UTF8&qid=1459352080&sr=1-1&keywords=the+big+oz+organic+buckwheat+flour](http://www.amazon.co.uk/Big-Organic-Buckwheat-Flour-1500g/dp/B00QFN1T9C/ref%3Dsr_1_1?s=grocery&ie=UTF8&qid=1459352080&sr=1-1&keywords=the+big+oz+organic+buckwheat+flour)

300ml lukewarm water

2 tbsp. extra virgin olive oil

2 tsps. good quality honey or Grade A maple syrup

1 tsp. salt

1 tsp. balsamic vinegar

2 tsps. yeast

**Instructions**

Programme 12 on Panasonic SD-2501 breadmaker (gluten free programme)

Time: 1 hour 50 minutes including kneading, rising and baking

Place 300ml of water in the baking pan. Add 300g of arrowroot flour and 400g gluten free buckwheat flour on top of the water and cover it without stirring it in.

In one corner of the pan pour in the olive oil; in a separate corner, add the salt and the balsamic vinegar and in yet another corner add the honey/maple syrup.

Make a small dent in the middle of the flour in the pan and place 2 teaspoons of yeast ***making sure not to mix this with the other ingredients***

If you wish to add extra ingredients, e.g. raisins to make a raisin bread, or nuts and/or seeds, add these now into the spare corner (do not disturb the yeast with these ingredients)

Switch on your breadmaker to the appropriate gluten free setting. When the bread has finished kneading, it is advised to lift the lid and scrape down the sides of the bread pan to ensure all the mixture is included.

When complete**,** allow to cool and slice when cold. This can be frozen and slices removed when desired.