

gluten free

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## Bread - Brown with psyllium husk



**Servings: 16**

**DRY INGREDIENTS:**

**110 grams Creamy maize flour**

**220 grams sorghum flour**

**110 grams Cornflour**

**65 grams Dry milk powder**

**2 teaspoons Xanthan gum**

**2 tablespoons Psyllium husks**

**1 teaspoon salt**

**Wet Ingredients:**

**300 milliliters warm water**

**3 eggs (large)**

**5 Tbls olive oil**

**45 grams brown sugar, Use stevia**

**1 1/2 teaspoons lemon juice**

**Yeast Ingredients:**

**100 milliliters warm water**

**1 teaspoon sugar**

**2 teaspoons dried yeast**

Pre-heat oven to 180C suitable for a standard size 1 1/2LB loaf tin

In a large bowl place all the DRY INGREDIENTS and mix well, set aside In a smaller bowl mix the YEAST INGREDIENTS( add 1 tsp of flour mix) adding the sugar to the warm water and adding the yeast last, stir and set aside in a warm place, allow to grow and foam.

In a third bowl mix the WET INGREDIENTS add the eggs to the warm water,add the sugar, lemon juice and oil and mix well.

When the yeast is ready.

Add all the WET INGREDIENTS to the DRY INGREDIENTS and mix, then add the YEAST INGREDIENTS last, mix well with a wooden spoon for at least 1 min.

Mix in mixer with dough hook for 5 min.

Only fill tins under 2/3 full as this mix rises 'super' high\*\*

The dough will be quite sticky, cover with a plastic bag allow to prove in a warm place for 3/4 hr.

Bake for 50 mins Take out of pan, Bake for another 15 mins

(I now bake at 15 min at 220CS then 45 min at 200C )

Yield: 1 kilogram

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Per Serving (excluding unknown items): 167 Calories; 4g Fat (17.2% calories from fat); 6g Protein; 33g Carbohydrate; 8g Dietary Fiber; 44mg Cholesterol; 208mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.