

GRAINY GRAIN-FREE TOAST BREAD



Paleo Grainy Bread

We have tried out a variety of grain-free recipes both crunchy ones with seeds like this one and also ones made with ground up nuts that make a “plain” loaf. You can make this one less crunchy by blending or chopping up your seeds. But if you really love something that more closely resembles white bread or a non-grainy bread then this is not the recipe for you!

Also, we’ve not used any yeast or gums or other additives in this recipe. It’s very plain and simple. You can use gums like xanthan and guar gum so as to get non-gluten containing flours to have the shape, texture and taste more akin to those that do have gluten. Gluten is the glue in bread. We haven’t tried doing that as I think there are a lot of questions over the use of gums in food and I prefer to keep it simple. Plus we love the taste as it is. However, if you’re trying to convert someone (or yourself!) to move away from standard toast you may want to check out some of the grain-free options for sale commercially which use the gums (or experiment yourself!) if is not bread-like enough for your tastes.

3.7 from 3 reviews

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Prep time

15 mins

Cook time

45 mins

Total time

1 hour

Author: Dom's Kitchen

Recipe type: Breakfast

Type of food: Paleo

Serves: Loaf

What you need:

- Dry ingredients:
- 1 cup almond flour
- 1 Tbsp coconut flour
- ¼ cup flaxmeal (ground linseeds)
- 2 Tbsp chia seeds (white or black)
- 1 tsp salt
- ¾ tsp baking soda
- 1½ cups of seeds (whole or chopped). You can substitute ½ cup of seeds for nuts – cashew, macadamia or almond nuts (in slivers or chopped finely).
- (For the bread in this picture we used ½ cup pumpkin seeds, ½ cup sunflower seeds** and ½ cup sesame seeds all in their whole form.)
- Wet ingredients:
- 5 eggs (large size)
- 1 Tbsp apple cider vinegar (ACV)
- 2 Tbsp coconut oil
- Extras
- Handful of nuts/seeds to sprinkle on the top.

