

ORGANIC BREAD RECIPE

GREAT FOR GLUTEN FREE OR WHEAT INTOLERANCE BECAUSE ITS NOT THAT BUT REFINED OR OXIDISED OR HAVE POISONS CALLED PRESERVATIVES - ALL OF WHICH WOULD SOFT KILL YOU.

INGREDIENTS

1. 1kg of Organic wholemeal wheat or spelt flour
2. 1 litre of pure water or 900mls for spelt
3. Oval Teaspoon of dry pure yeast
4. Teaspoon of Honey
5. 2 x tablespoons of Coconut oil or butter
6. 1 x teaspoon of sea salt of himalayan salt

METHOD:

- A. Place the flour into a suitable size bowl
- B. Mix the dry yeast through the dry flour
- C. Fill a 1 litre jug with extra warm pure water
- D. Add the honey, salt, coconut oil and leave stand until melted
- E. Slowly add and stir the water into the flour
- F. Fully mixed...should be not too sticky....(not really wet)
- G. Smear more coconut oil inside the tins and pour in dough
- H. Place in hot water or 40 degree celsius oven - up to an hour until rounded
- I. Turn up oven to 160 degrees celsius and allow 1 hour and 10 mins to cook