

B A K E D *the blog.*

Seeded Millet Sandwich Bread

Adapted from [Gluten-Free and Vegan Bread](#)

Makes: 1 regular-sized loaf

Time: 20 minutes hands-on time, 1 hour 45 minutes baking

Notes: If this is your first time with gluten-free baking, and you don't want to invest in all of the flours, I recommend going to a bulk store and buying just what you need for this recipe. This will give you a chance to test the waters and see if you like it.

2 tbsp chia seeds
2 cups water, divided
2¾ tsp (1 envelope) active dry yeast
2 tbsp (25 g) organic sugar
1 cup arrowroot flour
1 cup millet flour
½ cup quinoa flour
½ cup brown rice flour
½ cup tapioca flour
⅓ cup ground flax seed
1 tsp sea salt
3 tbsp olive oil
¼ cup sunflower seeds
2 tbsp sesame seeds
2 tbsp flax seeds

Lightly toast the sunflower seeds in a skillet medium-low heat, stirring regularly. Remove the sunflower seeds and add the sesame seeds. Lightly toast and remove those as well. Combine the lightly toasted sunflower and sesame seeds with the flax seeds and stir to combine. Remove one tablespoon of mixed seeds and set both portions aside to cool. The smaller portion will be for sprinkling on top of the bread.

Preheat the oven to 425°F and line a standard loaf pan with parchment paper. In a small bowl, soak the chia seeds in ½ cup of water for 15 minutes.

In a medium-sized bowl, add the yeast and sugar to the room temperature water. Stir to combine and set aside until it gets nice and frothy.

While the yeast is getting activated, in the bowl of a stand mixer (or a large bowl), put the arrowroot, millet, quinoa, brown rice, and tapioca flours along with the ground flax, sea salt, and xanthan gum. Whisk to combine. Add the olive oil to the frothy yeast mixture and stir to combine.

On low speed with the paddle attachment of the mixer (or with a sturdy arm and a wooden spoon), stir the flour while adding in the soaked chia seeds and yeast mixture. Once the mixture is almost combined, add in the larger portion of cooled seeds. Stir until just combined so that the seeds don't get too broken up.

Pour the dough into the loaf pan and even-out the surface with the back of a spoon or off-set spatula. With a sharp knife, make 3 diagonal slits across the width bread. Sprinkle with the remaining tablespoon of seeds and place in the hot oven.

Once the oven door is closed, turn the heat down to 350°F and bake for 1 hour and 20 minutes. Then, decrease the temperature to 300°F and bake for an additional 25 minutes, until golden brown and crusty.