

No-Knead Buckwheat Bread

About this Recipe

Meal: Breakfast, Snack

Serves: 10-12 slices

Prep time: 15 minutes

Cook time: 1 hour

Category

Dietary Preference

- ✓ Dairy-Free
 - ✓ Gluten-Free
 - ✓ Nut-Free
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegan
 - ✓ Vegetarian
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Nutrition Information

Serving Size: 1 slice

Calories: 155

Protein: 4 grams

Fat: 8 grams (1 thumb)

Low Carb: 0 grams

Moderate-High Carb: 18 grams (1 cupped hand)



Registered Dietitian's Notes

This is a quick, no-knead bread using buckwheat flour, a gluten-free whole grain. Buckwheat contains a variety of antioxidants, which help to reduce oxidative stress in the body. The high fiber content of buckwheat supports regular bowel movements and a healthy digestive tract. Chia seeds are high in omega-3 fatty acids, which support cognitive function.

Ingredients

- ¼ cup chia seeds
- 1 cup (250ml) water (for soaking chia seeds)
- 2 cups (300g) buckwheat flour
- ½ cup (75g) ground flaxseed (linseed)
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup (250ml) water
- ¼ cup (60ml) coconut oil, melted
- ¼ cup sunflower seeds



Directions

1. Preheat oven to 350°F (180°C).
2. In a small bowl, mix the chia seeds with 1 cup (250ml) of water and allow the mixture to sit for 15 minutes until the chia seeds are soft and plump and have absorbed all of the water.
3. Measure the buckwheat flour, ground flaxseed (linseed), baking powder, and salt into a large mixing bowl and stir it all together.
4. Melt the coconut oil and whisk it into the dry ingredients along with 1 cup (250ml) of water. Add the soaked chia seeds and continue to whisk. Gauge the moisture; it should be stiff to mix but have enough water to absorb all the dry ingredients. If it is too dry, you may need to add a little extra water (¼ cup/60ml or so).
5. Grease a 7-inch (18cm) bread tin and line it with baking paper. Spoon the bread dough into the lined tin and spread it out evenly. Generously cover the top of the loaf with sunflower seeds.
6. Bake the bread for 1 hour.
7. Remove the bread from the oven. Let it cool completely before removing it from the tin and slicing.

Serving Suggestion

Enjoy a slice of this bread with some nut butter or avocado as a breakfast or snack. It also freezes well, so slice it up and store it in the freezer to use as needed.