

Original

☑ WHOLEmade™ Bread

The end of the quest for an affordable,
high-quality, whole grain
gluten-free and allergen-free
sandwich bread recipe!



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Courtesy of www.simplynaturalhealth.com

Original WHOLEmade™ Bread

*An incredibly wholesome and tasty bread suitable
for those with gluten-intolerance, extensive food allergies and
even restricted diets dealing with health conditions like candidiasis!*

How would you like great slicing, toasting, sandwich-making bread
made with nothing but wholesome whole foods?

This bread is not only

- Gluten-free
- Wheat-free
- Dairy-free
- Egg-free
- Sugar-free
- Soy-free
- Corn-free
- Yeast-free

But it is actually **FLOUR-FREE**; made with nothing but inexpensive whole foods.

Make this in your own home with **no special equipment**
for less than \$2.00 per loaf!

The greatest thing since sliced bread!

Well- it is sliced bread.

But sliced bread beyond all your wildest wholesome dreams!

Prepare in five different varieties!

Plain

Seeded

Garlic herb

Onion poppy

Cinnamon raisin

*For those with extensive dietary restrictions,
this bread recipe can be a real life-saver!*

Only the good stuff!

Five basic ingredients (plus leavening and salt)

All ingredients are wholesome, beneficial, easy to find and affordable!

Make wholegrain bread from whole grains with no grain mill!

This process makes wholesome bread more affordable and nutritious!

Make multiple loaves at a time and stash some away in the freezer.

The bread freezes well. It has exceptionally good texture and holds together much better than common gluten-free baked goods.

Versatile

- Great fresh
- Super toasted
- Tasty topped with nut butter and/or honey
- Great with jellies and jams
- Makes great sandwiches.
- Use for preparing French toast
- Top a plain slice with chopped strawberries and dairy-free ice cream.
- Keep an extra loaf or two in the freezer. They keep remarkably well.

The Unique Process Used to Create Original [ϕWHOLEmade™](#) Bread

Perhaps you've prepared a recipe using a presoaked whole grain or maybe you've worked with a sourdough starter to bake traditional bread. This recipe uniquely combines these two processes into a three step SOAK-BLEND-SET method with some really exceptional results. When you soak whole grains, this removes their natural enzyme inhibitors and begins the germination process. This makes them easier to digest and increases their nutritional content. When you allow the batter to set for another eight or so hours after blending, you encourage natural beneficial cultures/enzymes/bacteria in the mixture to proliferate. This also increases the digestibility and nutritional content of the bread. So it may take a little longer, but the results are incredible- in flavor, texture and nutritional value. The finished product is more similar to traditional white bread in texture and flavor than many other gluten-free breads.

I prepare a double batch each time I bake it- one for current use, one for the freezer. This makes for more efficient use of the oven, too. Though it takes two days from start to finish, it actually takes less in-kitchen prep time to prepare this bread than traditional yeast bread! Less than 20 minutes total!

What's so exceptional about Original WHOLEmade™ Bread?

- **Whole foods**- Made exclusively from whole grains (no flours)- more wholesome and less expensive
- **Baking with whole grains**- with no need for a grain mill!
- **Gluten-free**- many people need to avoid gluten for one reason or another and, until now, it has been quite cost-prohibitive to secure tasty, wholesome gluten-free slicing bread
- **Very inexpensive to prepare**- the primary ingredients- millet and flax seed- are very inexpensive and easy to find, making them great staple ingredients
- **Lots of ground flax**- contributes moistness, good oils and lots of natural fiber (soluble and insoluble)
- **Flour-free**- because we begin with whole grains, soaked, then processed in a blender, we can avoid the use of flours entirely
- **Simple soaking and culturing process**- increases nutritional value and digestibility of the bread
- **Very little kitchen prep**- total preparation time is less than 20 minutes. Far less time and work than normally required to prepare traditional yeast bread
- **Keeps well**- on the shelf or in the freezer
- **Slices great!**- not like ordinary gluten-free breads
- **Great source** of protein, calcium, iron and fiber!
- **Anti-inflammatory**- unique among breads in that it has no inflammatory effect on the body
- **Low glycemic impact**- contains no sweeteners
- **Candida-compatible**- for anyone who has subsisted on the limited diet allowed for those dealing with candida, this bread is an amazing option! It is made from acceptable ingredients (all "candida-compatible" grains) and has a very low glycemic impact. (Those dealing with candida need to be careful of the amount of starch they consume, however, so this bread should still be consumed in moderation).

Nutritional Value and Health Benefits

- All traditional breads have an inflammatory effect on the body. This bread (due to its ingredients and the process by which it is produced) uniquely has an anti-inflammatory effect!
- Traditional bread has a higher glycemic impact than this style bread (2-4x more!)
- This bread has 3-4x the fiber of traditional bread (about 3 grams per slice versus 1 or less than 1 gram per slice of wheat or white bread), amounting to 10% of your daily fiber with just one slice! (when a loaf is cut into 15 slices)
- One slice contains 4% RDA of iron and 6% of calcium
- The primary ingredient, millet, is a very common, inexpensive grain. It's available in almost all cultures and countries. It can be found at most health food stores or co-ops, as well at many Asian grocery stores. It's a great source of manganese, phosphorus, magnesium and a range of anti-cancer phytonutrients. It's also a good source of the essential amino acid, tryptophan.
- Buckwheat is technically not a grain, but the seed of an herb, so very few people have any digestive or health issues related to consuming it. Be sure to find whole raw hulled buckwheat for this application. It is very light in color in contrast to kasha, which is a roasted form of buckwheat. It is a superb source of high quality protein, minerals, fiber and even antioxidants and flavonoids.
- Flax seed is rich in soluble and insoluble fiber, lignans and omega 3 essential fatty acid. Besides contributing nutritionally, it serves as a binder (similar to eggs) in gluten-free baking. It's best to use freshly ground flax in recipes. (can replace with chia)

IMPORTANT NOTE: These nutrition calculations are based upon the whole ingredients and do not take into consideration the increased benefits derived from the germination and culturing process. ***In a really positive way, we are unable to ascertain the full extent of nutritional benefits of this bread at this time!***



Original **ϕ**WHOLEmade™ Bread

This recipe requires a little planning ahead (initially setting the grains to soak) yet the total in-kitchen work time is less than for traditional yeast breads.

No proofing, kneading or risings. Just soak one day, blend the next and then combine with the rest of the ingredients on baking day!

This recipe makes one loaf. Total in-kitchen prep time- less than 20 minutes.

Day One SOAKING DAY

1 ½ cup whole millet

*¼ cup raw buckwheat groats**

2 Tbsp. raw apple cider vinegar

Day Two BLENDING DAY

1 cup water

1 Tbsp. raw apple cider vinegar

Day Three BAKING DAY

½ cup water

1 Tbsp. olive oil or coconut oil

*2/3 cup ground flax (golden preferable)***

1/2- 3/4 tsp. sea salt (to preference)

2 tsp. baking powder (corn-free variety)

Day One: Measure millet and buckwheat into a ceramic or glass mixing bowl and cover with plenty of water plus the 2 Tbsp. apple cider vinegar. Allow the grains to **SOAK** for at least 8 hours (overnight works great, for up to 24 hours).

Day Two: Drain and rinse. Rinse out mixing bowl as well. Add the soaked grains to a blender*** with the water and vinegar indicated on Day Two. **BLEND** until smooth. Pour back into the mixing bowl and cover with a clean cloth or paper towel, to **SET** overnight (or for at least 8 hours).

Day Three: Pour off any liquid that has collected on the top of the mixture into a smaller glass or ceramic mixing bowl or pitcher and whisk in the ingredients in the right column (except for the baking powder). Add to the rest of the batter in the original mixing bowl and whisk until smooth. Sprinkle with baking powder (using a fine mesh sieve, if you're concerned about lumps) and then mix thoroughly. Pour the batter into an oiled loaf pan and bake at 350 degrees for about 1 hour. Allow to cool for at least 20-30 minutes before removing loaf from loaf pan.



Further Notes and Tips for ϕWHOLEmade™ Bread

Recipe Options

* If you are unable to find raw hulled buckwheat groats, you can replace the ¼ cup buckwheat with the same amount of millet.

** You can substitute ground chia for the ground flax (use a much smaller portion- 1/3-1/4 of amt.)

*** It's ideal to use a heavy duty blender (like a Vitamix® or Blendtec®) but an ordinary household blender will work. The grains may not process quite as smoothly, but the finished product will be quite similar to that made with a heavy duty blender.

Optional: Add 1-2 Tbsp. of sesame seeds to the soaking grains on the first day. This will, among other things, increase the calcium content of the bread.

Tips:

Prepare **two loaves at a time** to best utilize the energy used to heat your oven. This could provide a week's worth of bread, or any extra could be frozen for later use. This bread **freezes exceptionally well** and comes in handy when you find yourself quite busy or haven't planned ahead to get more bread started.

This bread can actually be **prepared in under 24 hours** if you keep to just 8 hours following the soaking and blending steps. I usually just find it easier to follow as a two day process.

Ideally grind your own **fresh flax meal**. This can be done in a blender or coffee grinder. I prefer to use golden flax for this application as it contributes a lighter color and flavor than brown flax.

Be sure to use Rumford or Featherweight brand **baking powder** as most other brands contain aluminum (not a good contribution to your diet!).

Fresh lemon juice can be substituted for the **raw apple cider vinegar**. For non-vegans, there are lots of acid mediums that can be used- including sour milk, buttermilk, kefir, yogurt or whey.

The texture and flavor of this bread is very good.

It holds together quite well and is great for slicing, toasting and sandwich-making.



Four Simple Variations of WHOLEmade™ Bread

To prepare any of the following varieties, add the indicated ingredients on the third day, before pouring into the loaf pan

Seeded

½ cup sunflower seeds (and/or pumpkin seeds)

3 Tbsp. sesame seeds

2 Tbsp. flax seeds

1 Tbsp. poppy seeds

Optional- *sunflower (pumpkin) and sesame seeds can be pan-toasted before adding to deepen their flavor*

Onion Poppy

¼ cup dried onion flakes

2 Tbsp. poppy seeds

2 tsp. onion powder

Garlic Herb

2 tsp. dried parsley

1 ½ tsp. garlic powder

½ tsp. dried thyme

¼ tsp. ground rosemary

Cinnamon Raisin

1 cup raisins (cover with boiling water and soak for at least 20 minutes before draining and adding to batter)

4 tsp. ground cinnamon

2 Tbsp. agave syrup (optional)



The Rationale Behind Original \varnothing WHOLEmade™ Bread

Some science plus additional thoughts and tips for serious "whole foodies"!

Unique to Simply Natural Health: the \varnothing WHOLEmade™ approach to food preparation

Our EVERYDAY WHOLESOME EATING SERIES of cookbooks and health guides are based on the premise that it is always to our best advantage to eat foods in their whole form.

In keeping with Simply Natural Health's goal to make healthy living simple and practical, all of our recipes are uniquely \varnothing WHOLEmade™

| | |
|----------------------------|---|
| Whole food | whole, natural plant-based ingredients |
| Hearty and healthy | family-pleasing and exceptionally good for you |
| Only the good stuff | focused on nutritionally-dense foods; avoiding common allergens |
| Less costly | simple ingredients that are affordable and obtainable |
| Easy and enjoyable | simple and tasty recipes! |

Original \varnothing WHOLEmade™ Bread

takes \varnothing WHOLEmade™ to a new level of health promotion with the **soak-blend-set** process!

| | | |
|--|--|--------------|
| Whole food | whole food ingredients (all are gluten and allergen-free) | |
| Hydrated | grains are soaked, to optimize nutrition and digestibility | SOAK |
| "Osterized®" | blended into a batter | BLEND |
| Left overnight | allowing time for natural culturing of the batter | SET |
| Exceptionally tasty and good for you! | | |



Original WHOLEmade™ Bread

is produced with the **soak-blend-set** method that uniquely improves the flavor, texture, nutritional quality and digestibility of the bread.

Soaking- begins the germination/growth process- increasing the nutritional value and digestibility of the grains (described in more detail below)

Blending- allows us to make a flour-free bread from whole grains

Setting- gives the batter an opportunity to culture a bit. Naturally cultured and fermented foods have increased nutritional value and digestibility, as well as other health benefits (contain enzymes and beneficial bacteria, etc.)

These two processes have previously been used independently in recipes.

Combining them with the use of whole ingredients is part of what makes Original  WHOLEmade™ Bread so exceptional!

For those interested in more discussion of the science behind these processes:

On the third day of creation God made vegetation. *Genesis 1:11-12 says, "Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so. The land produced vegetation: plants bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good."*

In God's incredible design of seeds, He built in self-preservation. He designed them to be prevented from sprouting until the timing and conditions were right. Because this is true, seeds (including nuts, grains and legumes) can be stored for long periods of time without going bad. The outer surface of seeds (the bran or hull) naturally contains what is called "anti-nutrients", substances which protect against untimely sprouting or consumption. One of these anti-nutrients is phytic acid, and if not properly dealt with prior to consumption, it prevents the absorption of critical nutrients like calcium, magnesium, copper, iron and zinc in the intestinal tract. Enzyme inhibitors do just what their name implies- they inhibit enzymatic activity- which inhibits digestion. So you can consume a beneficial grain or seed, but not benefit from its innate nutritional value because these anti-nutrients are in the way.

Hard-to-digest proteins naturally present in unsprouted seeds can also cause a variety of digestive and secondary problems.

All of these problems, however, are only problems with seeds when they're in this "self-preservation" mode. When you give them moisture, warmth, a slightly acid environment and the passage of time, the germination process begins and not only are the anti-nutrients deactivated but all of the nutritional components naturally existing in the seed increase and are more bio-available (bonus!). Vitamins, minerals and enzymes all proliferate in the germination/growth process. Seeds that have been soaked prior to use also provide almost twice as much protein value.

What can we do to encourage this process?

Soaking- in water, ideally with an acid medium added

Sprouting- initially soaked, then rinsed repeatedly during growth

Fermenting/culturing- opening the cells of the whole food to allow a natural fermentation process to take place, catalyzed by good bacteria naturally present in the food or environment

In our fast-paced, instant-gratification culture, any of these additional steps may just seem like too much work. If we look to the not-so-distant past, however, we find most cultures employed some form of this kind of preparation. In our industrialized, modern society we are used to quick-rise breads, boxed cereals and prepared packaged foods, yet many may be surprised to find that many cultures of this modern age still employ some form of sprouting or soaking in making some staple, traditional foods (look to Indian, Japanese and Chinese foods, in particular).

Taking these additional steps requires planning ahead but ultimately they reduce the amount of work you need to do on cooking day. Also, as a nice side-benefit, the flavor and texture of the baked goods also tend to be more like those made of refined flours that we've grown accustomed to.

Isn't soaking in water enough?

Soaking in water begins the germination process.

Soaking in water with an acid medium added further improves the digestibility and nutritional value. It also reduces the opportunity for "bad bacteria" to take hold (in other words, lowering the chances that the mixture will "go bad").

Options for acid mediums (added in the ratio of about 1 Tbsp. acid per cup of grain)

For those who consume dairy- there are lots of options- raw sour milk, cultured milk, whey, buttermilk, yogurt, kefir, etc.

For vegans- apple cider vinegar, fresh lemon juice or non-dairy kefir

I almost exclusively use raw apple cider vinegar because it's an ingredient I always have on hand and I find it the most convenient

I won't spend as much time describing the **ferment process** at this time- but I would like to mention that God (again!) was looking out for our best in this design. He designed fermentation as a natural form of preservation for fresh produce and grains. Not only does it preserve our foods (so that we can eat nutritionally dense foods when little to no fresh foods are available) but the process of culturing/fermenting also increases the presence of certain nutrients (vitamin C in particular, which is so critical during non-growth seasons) and enzymes and good bacteria.

Please note: Mixtures that are undergoing fermentation or culturing should be stored in glass or ceramic vessels. Toxins can be leached from plastic, aluminum and even stainless steel containers.



If you've enjoyed this and would like to learn more about wholesome eating or get your hands on some more great recipes, be sure to visit www.simplynaturalhealth.com

and **Good and Easy Gluten-free**

Our whole food, plant-based, gluten-free and allergen-sensitive recipe blog
www.glutenfreerecipeseasy.com

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