

OAT SODA BREAD

Gluten, dairy and yeast-free

INGREDIENTS

330g rolled oats

60g arrowroot

40g ground flaxseeds

350ml unsweetened soya milk (or other milk)

1 teaspoon bicarbonate of soda

1 teaspoon Himalayan or sea salt

1 ½ tablespoons apple cider vinegar (or lemon juice)

Pre-heat the oven to 150°C (300°F)

Whisk the apple cider vinegar (or lemon juice) into the milk and add the flaxseeds. Leave for 5 -10 mins.

Whizz the oats in a food processor or blender until they resemble flour (should just take 30 secs or so)

Line bottom of loaf tin with greaseproof paper, brush sides with oil, such as olive

Combine oat "flour", arrowroot, bicarbonate and salt in a bowl

Make a well in the centre of the flours and add the milk / flax mixture

Mix well and pour into the loaf tin (will fill about half a standard loaf tin)

Bake at 150°C (300°F) for 45 mins to 1 hour

Use spatula or knife to go down sides of loaf tin to help release the loaf. Turn out and cool.