

BREAKFAST RECIPES



Chia Bread



Ingredients:

- 1 tablespoon chia seeds
- 2 cups rice flour
- 3 tablespoons caster sugar
- 3 teaspoons gluten-free baking powder
- 2 eggs, beaten
- 1 cup milk
- 1/4 cup vegetable oil

Method:

1. Preheat the oven to 180°C. Line a 20cm loaf tin with baking paper.
2. Soak the chia seeds in 1/2 cup water for 3–5 minutes. Place all the dry ingredients in a large bowl and stir to combine. Make a well in the centre and stir in the beaten eggs. Add the milk and oil, stirring as you add each ingredient, ensuring the batter doesn't go lumpy. Stir to combine, then drain and add the chia seeds.
3. Pour into the prepared loaf tin and bake on the centre shelf of the oven for 30–35 minutes, or until golden on top and when a skewer inserted into the middle comes out clean.

<http://www.woolworths.com.au/wps/wcm/connect/website/woolworths/freshfoodideas/recipes/recipes-content/rowieschiabread>

EF Egg free V Vegetarian DF Dairy Free GF Gluten Free