

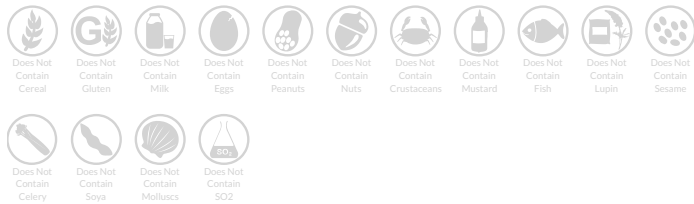
Ingredients

Product	Quantity
Gluten Free Organic Chickpea Flour 5x100g	20.00 g
Water	460.00 g
Aspall Organic Balsamic Vinegar 350ml	1.00 g
Silver Spoon Granulated Sugar 5kg	2.00 g
Table Salt 2x6kg	1.00 g
Gluten Free White Bread Flour 5 x 1kg	500.00 g
Quick Yeast 16x 125g	2.00 g
KTC PURE SUNFLOWER OIL	6.00 g

Serves: 4

Allergy Information

Key: **Contains** **May Contain**

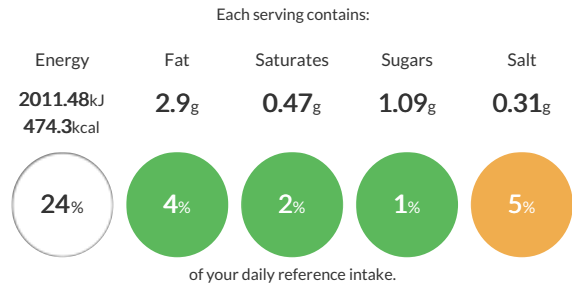


Dietary Information

Key: **Suitable for**



Reference Intake



Nutritional Summary

Energy	2011.48kJ 474.3kCal
Protein	7.71g
Carbohydrates	103.35g
of which sugars	1.09g
Non Milk Extrinsic Sugars	0g
Fat	2.9g
of which saturates	0.47g
Fibre	2.23g
Salt	0.31g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

1. Put the egg whites (or chickpea flour + water), half of the oil, vinegar, sugar, salt and water into a bowl and whisk together. 2. Add the flour and yeast, mixing to a smooth, thick batter. 3. Drizzle the remaining oil over the sticky batter/dough and turn the mixture a couple of times in the bowl to encourage the formation of a doughy mass. 4. Tip the dough into an oiled 1kg/2lb bread tin and smooth the top. 5. Loosely cover with oiled cling film and leave until the dough has risen to the top of the tin. 6. Pre-heat the oven to 220°C (Fan 200°C, 425°F, Gas 7). 7. Bake in the preheated oven for 55-60 minutes.

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