

# Buckwheat and Chia Loaf



If you like the taste of buckwheat, you'll enjoy this simple, nutritious loaf. It tastes better than it looks! The buckwheat and chia seeds need to be soaked before combining, so plan ahead.

**Yield:** 1 loaf

Ingredients	Quantity	Comments
Preparation Ingredients		
Whole raw buckwheat groats	1 ¾ cups	not kasha (toasted buckwheat)
Chia seeds	¼ cup	
Water	½ cup	
Next Ingredients		
Water	½ cup	
Olive oil	¼ cup	or a different vegetable oil
Salt	½ tsp	

## Instructions

### Preparation

- Soak buckwheat in cold water for about two hours, then drain in a fine colander and rinse well. Let it drip to remove water.
- Soak the chia seed in water for about 30 minutes to form a gel. Stir occasionally.

### Baking

- Preheat oven to 350°C.
- Blend drained buckwheat, gelled chia seeds and all other ingredients in a food processor for about three minutes.
- Pour the batter into a loaf pan and bake for one hour and 15 minutes—until it is firm to the touch and bounces back.
- Cool for about 30 minutes. Remove from pan and finish cooling.
- Let it completely cool before slicing.
- Freeze individual slices on a cookie sheet and store in a freezer bag.

*Hint:* The loaf will be easier to get out of a silicone pan. If you don't have one, use a paper liner or grease the pan.