

## Buckwheat Bread, YEAST FREE

The benefits of a yeast bread is the beautiful brown crunchy crust. When yeast is an issue, however, there are alternatives to getting the bread to rise nicely and our favorite is using **equal parts of baking soda and lemon juice (or apple cider vinegar)**.

For this bread, add **2 teaspoons of fresh baking soda to the dry ingredients** and **2 teaspoons of freshly squeezed lemon juice (or ACV)** to the bread dough at the end of the mixing. **Put the dough in a medium sized loaf pan (8.5" x 4.5") and bake at 350° right away.** *Do not let it rise before baking the bread like you would with yeast.*

The rising happens because of a chemical reaction that occurs between the baking soda, which is alkaline (a base) and the lemon juice or ACV, which is acidic.

This yeast alternative doesn't produce a crust, but it is delicious and can be used as a sandwich bread none the less.

## Buckwheat Bread, EGG FREE (Flax Gel) or (Bean Water)

Making Arnel's Originals Buckwheat Bread Mix without egg is easy using *flax gel*, (which is something you make, not buy) **OR** ½ cup of bean water from a cooked can of beans. Here's how:

### FLAX GEL

Take 2 Tablespoon of *flax meal* and mix it with 6 Tablespoons of boiling water and set it aside. (It's a good idea to cover it.) In 5 to 10 minutes, it will gelatinize and have the consistency of two slippery eggs.

### BEAN WATER (also called aqua fava)

Follow the directions on Arnel's Originals Buckwheat Bread Mix package and when it comes time in the recipe to add an egg, add either this *flax-gel* mixture or ½ cup bean water. The loaves of bread will be delicious and moist but when it cools, the eggless loaf with flax gel might be slightly shorter in height as the loaves with an egg. Below are two loaves made with a very sophisticated bread machine from Japan called Zojirushi, one without eggs using flax gel (on the left) and one with eggs (on the right).



