

+375 mm

+250 mm

Machine Baked Loaf

1 pack FREEE Seeded Bread Mix
380ml Tepid water
3 tbsp Oil

- Put the water and oil into the machine pan. 2. Add the mix. 3. Lock the pan into position and close the lid. 4. Select the gluten free or basic rapid program, dark crust option and press start. 5. When cooked, remove the bread pan, tip the bread onto a wire rack and remove the mixer paddle. 6. Cool completely before slicing.

10 Bread Rolls

Oven 220°C, Fan 200°C, 425°F, Gas 7
1 pack FREEE Seeded Bread Mix
380ml Tepid water
3 tbsp Oil
1 Muffin tray
Oil for tray

- Rub oil inside the muffin tray. 2. Put the mix, water and 2 spoons of oil into a bowl. 3. Mix into a lump free batter. 4. Add the last spoon of oil. 5. Using a spatula, turn the mixture a couple of times then divide it between ten muffin tray holes. 6. Invert a large bowl over the top or cover with a clean tea towel. 7. Leave in a warm place for 45-50 minutes. 8. 20 minutes before baking, pre-heat the oven. 9. Bake for 30-35 minutes. 10. Transfer to a wire rack and cool completely before slicing.

Nothing feels more comforting to me than the smell of freshly baked bread and it can be something you really miss when you're avoiding gluten. In a few easy steps you can now create delicious homemade bread, bursting with the natural crunch of seeds using this Seeded Bread Mix. Use any type of oil in this recipe. You can freeze the bread whole or sliced and toast it straight from frozen.

Clare
FOUNDER, FREEE

seeded bread mix

sunflower, poppy, pumpkin, teff & flax

GLUTEN FREE | VEGAN

SOURCE of FIBRE

QUICK & EASY Makes 1 loaf or 10 rolls. Try our on-pack recipes.

GLUTEN FREE Seeded Bread Mix
Ingredients: potato starch, tapioca starch, seed mix 13.5% (sunflower 4.5%, poppy 3%, pumpkin 2%, teff 2%, flaxseed 2%), chickpea flour, rice flour, maize flour, yeast, sugar, salt, psyllium husk powder, thickener (xanthan gum), vinegar powder (maltodextrin, spirit vinegar), carob. Made in the UK with EU and non-EU seeds.
Storage: store in a cool dry place away from sunlight. Always cook flour before consumption.

Nutrition Typical values	Per 100g
Energy	1517kJ 359kcal
Fat	6.5g
of which saturates	0.8g
Carbohydrate	67g
of which sugars	1.4g
Fibre	5.7g
Protein	5.1g
Salt	0.89g

500g e

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Best before:

Oven Baked Loaf

Oven 220°C, Fan 200°C, 425°F, Gas 7
1 pack FREEE Seeded Bread Mix
380ml Tepid water
3 tbsp Oil
1kg/2lb Bread tin
Oil for tin

- Rub oil inside a 1kg/2lb loaf tin or insert a baking liner. 2. Put the mix, water and 2 spoons of oil into a large bowl. 3. Mix vigorously into a smooth, lump free batter. 4. Drizzle the last spoon of oil on top. 5. Using a spatula, turn the batter to form a doughy mass and tip it into the loaf tin. 6. Smooth the top and cover the tin with an inverted bowl or large saucepan. 7. Leave in a warm place until the dough is 7mm/¼" below the top of the tin, 45-90 minutes. 8. 20 minutes before baking, pre-heat the oven. 9. Remove the bowl and bake for 50-55 minutes. 10. Carefully tip the loaf out of the tin onto a wire rack. 11. Leave to cool completely before slicing.

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1.5mm seal

180mm

40mm base of pack

1.5mm seal

14mm seal

43mm back

75mm side

100mm front

75mm side

43mm back

25mm seal