

Quinoa sourdough

Our quinoa sourdough is ideal to flavor a homemade gluten-free bread.

Please add (for 1 loaf): 500g gluten-free flour, 450ml water, 9g dry yeast #2, 1 tsp salt.

1. Mix all ingredients.
2. Knead for several minutes to form a homogeneous dough.
3. Let the dough rest in a warm place for 1 hour.
4. Put it in a box or as a loaf in a preheated oven (180°C) and bake for about 70 minutes. During baking, place a bowl of water under the bread in the oven.
5. Allow finished bread to cool completely.
6. If desired, sprinkle the dough with pumpkin seeds or other seeds before baking.

Tip: With our baking powder #1 breads succeed even without yeast.

Content: 30g

Ingredients: Quinoa flour* 95%, ferment*, (corn flour*, pea flour*, blossom honey*).

*from organic farming

Average nutritional values	per 100 g
Calorific value	1531 kJ (363 kcal)
Fat	5,7 g
-of which saturated fatty acids	0,5 g
Carbohydrates	63 g
-of which sugar	1,9 g
Dietary fiber	6,6 g
Protein	12 g
Salt	< 0,01 g



Sensory & Quality Parameters

Allergens: None

Enthaltene Rohstoffe

Empfohlene Gebindegrößen

- Paper bag