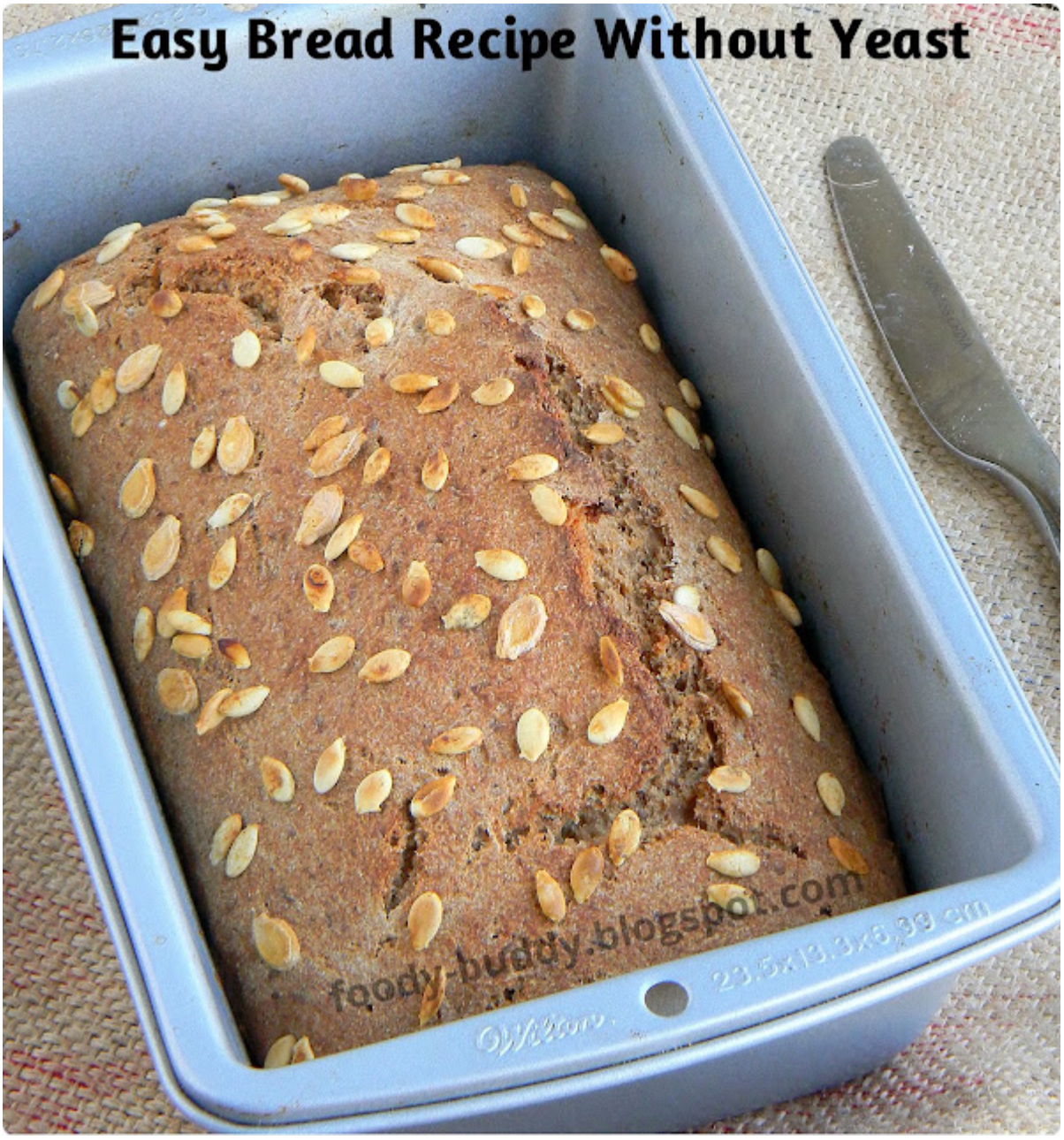
Easy Bread Recipe Without Yeast / No Yeast Wheat Bread



Baking bread is one of life's simple joy. I got messages from two readers asking for yeast free and allergy free bread recipe. So I was searching for yeast free bread in google, I saw lot of beer bread recipes. Finally I got this recipe from here where club soda is used in place of beer. I really love that non alcoholic version of bread and slightly modified the recipe. In this bread recipe,there is no need for

yeast or dough starters . This is so simple and easy to make yeast free bread. This is like quick to fix, mix all dry and wet ingredients together and pour it into a pan and bake it. If you have yeast allergy, then try this allergy free bread and enjoy with a cup of hot soup or coffee…

Ingredients

3 Cups of Whole Wheat Flour
1.5 Tsp of Baking Powder
1 Tbsp of Sugar
Pinch of Salt
3 Tbsp of Flax Seed Powder / Flax Seeds
2 Tbsp of Sesame Seeds
2 Tbsp of Pumpkin Seeds, for topping
2 Cups of Club Soda / Coke(Room Temperature)

Method

- In a bowl, add all the dry ingredients except club soda and pumpkin seeds. Mix everything well with a fork. Make a well in the center of the dry ingredients.
- Now add club soda to the flour. Measure carefully, trying not to let it froth up. Stir everything well to combine.
- Preheat the oven to 492 degree F.
- Grease the pan with some oil or butter.
- Transfer and fold the dough into greased baking bread pan, sprinkle some pumpkin seeds on top. Bake at 392 degree F (200 degree C) for 45-50 minutes. Check it by inserting tooth prick in the center of bread, if it comes out clean, then your bread is ready.
- Allow the bread to cool down for 10 mins, then carefully take it out from the pan and enjoy the slice of healthy bread with hot soup !!!!

Tips

- You can use mix of whole wheat and white flour (maida)
- It stays good only for 3 days as it has no preservatives.
- To make the bread more flavorful, add some mixed herbs or Italian seasoning or crushed garlic to the flour.
- For topping, you can use any seeds like sunflowers, cucumber seeds, sesame seeds or any chopped nuts.
- If you want to change the bread to alcoholic version, add beer in place of club soda.

Health Benefits of Whole Wheat Bread

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.

Read more at http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-bread-how-to-make.html#G6sCiUsud2LVTg1g.99

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Tags : Yeastfree Bread, No yeast bread, Easy bread Recipe, Bread Recipe, How to make no yeast bread, No yeast wheat bread Recipe,healthy wheat bread, allergy free bread recipe, vegan bread recipe, easy bread without yeast