

Fruit Loaf or Buns Gluten Free (vegan, low fodmap & grain free)



Your 'handling' time: 15 minutes



Cook Time: 45mins -1.15hr



Serving: 10-12 buns/slices

Ingredients

Makes one loaf or 8-12 buns

600g water, room temperature
1 packet active dry yeast
500g Gluten Free Bread Mix
1.5tbs. mixed spice or cinnamon
1.5tbs apple cider vinegar
80-100g raw sugar or coconut sugar*
40-50g your favourite butter (vegan or dairy)
2tsp grated lemon or orange zest, OR
2-3 drops of lemon essential oil food grade

ADD THE FOLOWING, AFTER DOUGH CHILLING:

150-200g of dried fruit of your choice



Cooking Method

- In a large bowl, combine all ingredients, except dried fruit
- Mix well by hand or in your favourite electric mixer until thoroughly combined (5mins), scrape down the sides regularly.
- CHILL dough in a covered container in fridge for 1-2 hours
- Using oiled hand, mix dried fruit well.
- For loaf: scoop or using oiled hand shape dough and put into a lined loaf tin
- For buns: using oiled hand shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan
- Mist top of loaf or buns generously with water
- Rise for 20-25mins
- DO NOT OVER-RISE
- Bake in your pre-heated fan forced 220C oven for 15mins
- Reduce heat to 160C and bake for a further 30-35 for buns or 50-60mins for loaf UNTIL inner temperature reaches 100C
- Brush buns with melted butter or runny smooth apricot jam for delicious soft crust
- Eat while warm ...
- Buns freezes and thaws well, mist with water and reheat for 10-15min in 180C preheated oven for optimum flavour

Sourdough FRUIT Loaf or Buns Gluten Free (vegan, low fodmap & grain free)



Your 'handling' time: 15 minutes



Cook Time: 45mins -1.15hr



Serving: 12-14 buns/slices

Ingredients

Makes one loaf or 12-14 buns

- 600 *water, room temperature*
- 250g *gluten free sourdough starter (1flour:1 water) active*
- 500g *Gluten Free Bread Mix*
- 1.5tbs. *mixed spice*
- 80-100g *raw sugar or coconut sugar**
- 40-50g *your favourite butter (vegan or dairy)*
- 2tsp *grated lemon or orange zest, OR*
2-3 drops of lemon essential oil food grade

ADD THE FOLOWING, AFTER DOUGH CHILLING:

150-200g of dried fruit of your choice



Cooking Method

- In a large bowl, combine all ingredients, except dried fruit
- Mix well by hand or in your favourite electric mixer until thoroughly combined (5mins), scrape down the sides regularly.
- CHILL dough in a covered container in fridge for 1-2 hours
- Using oiled hand, mix dried fruit well.
- For loaf: scoop or using oiled hand shape dough and put into a lined loaf tin
- For buns: using oiled hand shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan
- Mist top of loaf or buns generously with water
- Rise in a covered container until almost doubled (timing will vary)
- DO NOT OVER-RISE
- Bake in your pre-heated fan forced 220C oven for 15mins
- Reduce heat to 160C and bake for a further 30-35 for buns or 50-60mins for loaf UNTIL inner temperature reaches 100C
- Brush buns with melted butter or runny smooth apricot jam for delicious soft crust
- Eat while warm ...
- Buns freezes and thaws well, mist with water and reheat for 10-15min in 180C preheated oven for optimum flavour