

# The simplicity of gluten free homemade bread!



Since I was a child, I have been a big fan of bread, I liked it in every way.

Do it at home, we have the opportunity to choose the flour you prefer, rice, quinoa, sorghum, oats and buckwheat or even white flour (for non-celiacs).

I personally prefer buckwheat flour!

On the palate, it has a very intense flavor that recalls mother earth.

Buckwheat flour must be mixed with other flours, so as to obtain a more balanced result.

It is also an excellent alternative to the classic white wheat flour, it does not contain gluten and is noted, among other things, for its low glycemic index. Not bad right?

Homemade bread floods the home with aromas, memories and

simplicity. There is nothing more satisfying than getting carried away by emotions, kneading bread.

Anyone can make homemade bread, even those who have no experience.

All you need is flour, water, yeast, salt, an oven and a pinch of patience!

For this reason, on my blog, in the recipe selection, you will find the basic recipe for gluten-free bread! Then you can choose the ingredients to use!

***Roberta***