**1-ingredient buckwheat bread {easy, flourless, gluten-free}**

A remarkable loaf of delicious, nutritious, easy-to-make bread, made with whole buckwheat (plus water and salt). It is naturally oil-free, gluten-free, and vegan.

**INGREDIENTS**

* 2 and 1/2 cups (460 g) buckwheat groats, rinsed
* water
* fine sea salt

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**INSTRUCTIONS**

* Place the rinsed buckwheat in a large glass bowl; fill with water, enough to cover buckwheat by 2 inches (5 cm). Loosely cover with a cloth napkin or towel. Soak for a least 2 hours or up to 24 hours.
* Drain buckwheat through a mesh strainer; set strainer over bowl and let continue to drain for a minute longer (the liquid will be gooey). DO NOT RINSE.
* In a food processor or blender, place the drained buckwheat, 1 and 1/4 cups (310 mL) water, and optional salt (I recommend 1/2 teaspoon). Process until blended but still has some texture (see photo).
* Pour buckwheat batter back into a large glass bowl and cover with a kitchen cloth. Let sit for at least 8 hours and up to 24 hours (it will rise slightly and a bit bubby).
* Preheat oven to 425F (218C). Spray or grease a 9×5-inch (22.5x 12.5 cm) pan; pour in batter, being careful not to deflate bubbles.
* Bake in the preheated oven for 35 to 40 minutes until browned (especially at edges) and completely firm/set at the center.
* Cool completely in pan set on a wire rack.