

## “Stout” Bread

MAKES 1 LOAF (10 TO 12 SLICES)

This hearty bread, which toasts up beautifully, is made with garbanzo bean flour (ground chickpeas) and is almost a meal in itself. As the name says, it's stout. That doesn't refer to beer; it's a reference to the thick, solid texture of the bread. It has a wonderfully crunchy crust and a deep, old-world flavor with a slightly peppery finish, making it a good companion for all types of soups and stews. This is a recipe that is easier to make with an electric mixer because the batter is very stiff, though you can make it by hand if necessary.

2 cups (8 oz / 227 g) garbanzo bean flour  
(see Tip)  
1 cup (4 oz / 113 g) golden flaxseed meal  
1/2 cup (2.75 oz / 78 g) whole golden or brown flaxseeds  
1/4 cup Splenda or Stevia Extract in the Raw, or 2 tablespoons New Roots Stevia Sugar  
4 teaspoons baking powder  
1 teaspoon xanthan gum

1/2 teaspoon salt  
1/2 teaspoon finely ground black pepper (optional)  
4 eggs (7 oz / 198 g)  
1 cup (8 oz / 227 g) unsweetened soy milk or other milk  
1 cup (8 oz / 227 g) water  
1/2 cup (4 oz / 113 g) salted butter or margarine, melted

### Tip: Working with Garbanzo Bean Flour

Although a variety of legume flours are available, we believe that garbanzo bean flour is one of the few that diabetics can generally use without risking a spike in blood sugar. However, some diabetics do experience glycemic spikes even with garbanzo bean flour, so monitor your blood sugar closely to determine whether it works for you.

Bob's Red Mill and a few other companies make garbanzo bean flour, so you can purchase it if you like. If it isn't available locally, you can buy it online. Or, as with nut and seed flours, you can make it at home. Because the dried beans are so hard, you'll need to work in smaller batches, and it does take a while to grind them into a fine flour. The more finely you grind them, the softer the final loaf.

Preheat the oven to 375°F (191°C). Line a 4½ by 8-inch loaf pan with parchment paper, then mist the pan with spray oil.

In a medium bowl, combine the garbanzo bean flour, flaxseed meal, whole flaxseeds, sweetener, baking powder, xanthan gum, salt, and pepper. Whisk until well mixed.

In a large bowl or the bowl of an electric mixer, combine the eggs, milk, water, and butter and whisk or mix with the paddle attachment at medium-low speed until thoroughly blended. Add the flour mixture and stir vigorously with a large spoon or mix at medium speed for 2 minutes. Scrape down the sides of the bowl, then stir even more vigorously by hand or mix at medium-high speed for 3 minutes. The extended mixing helps aerate this very thick, sticky batter (see page 27).

Pour or spoon the mixture into the prepared pan. Bake for 40 minutes, then rotate and bake for about 40 more minutes, until golden brown and springy when pressed in the center and a toothpick inserted into the middle of the loaf comes out clean.

Let the bread cool in the pan for at least 5 minutes before turning out the loaf. Let cool on a wire rack for at least 15 minutes before slicing and serving.

*Pretty good - rises up well, tastes  
good, like. Flax Seeds are a nice little  
touch. Add*