

Gluten Free Cinnamon Raisin Bread Recipe



Though not your typical cinnamon raisin bread, most often made using white flour and other 'stuff'. This Cinnamon Raisin bread recipe does contain almond flour, with a touch of cinnamon sweetness, many other healthy ingredients.

In the recipe, I use hemp seeds, which may be new to you. No, this is not a throwback to the 1960's. It's not that kind of hemp, but this food is a groovy type of love 😊

Hemp seed is a super food, and has a light, nutty flavor.

What is Hemp Seed and is it Good for You?

The hemp seed has been called the world's most nutritious seed. It's rich in protein, known as a wonderful source of polyunsaturated fats, containing a perfect 3:1 ratio of omega-6 linoleic acid and omega-3 linoleic acid.

Raw hemp seeds are tasty and loaded with nutrition. Sprinkle them over salads, cereals, or use in smoothies and other recipes.

Gluten Free Cinnamon Raisin Bread Recipe:

Equipment Needed: Dehydrator, Food Processor, and High-Speed Blender optional

Yield: 18 slices more or less, based on slice size desired

Ingredients:

- 1 cup sunflower seeds, soaked for 2-4 hours and drained
- 1 apple, peeled, seeded, and rough chopped
- 1/2 cup organic raw hemp seeds
- 1/2 cup organic raw hemp seeds, ground
- 1/2 cup almond flour
- 1/2 cup raisins
- 1/2 cup water
- 1/4 cup sesame seeds
- 1/4 cup pumpkin seeds
- 2 tablespoons cinnamon powder
- 2 tablespoon olive oil
- 2 teaspoons of coconut sugar powder
- 1/2 teaspoon Himalayan salt
- Optional: 1/2 teaspoon vanilla powder and 1/2 teaspoon ginger powder
- Optional: 1/4 cup chopped and diced walnuts (add in step 2)

Preparation Steps:

1. Process the sunflower seeds, apple, (and pumpkin and sesame seeds or leave whole and add in step 2) in a food processor, using an S blade. Put the mixture in a large bowl.
2. Add to large mixing bowl, hemp seeds and hemp ground, almond flour, raisins, sesame seeds, pumpkin seeds, cinnamon, coconut sugar, water, olive oil, and salt ... mix well.
3. Spread batter evenly over 14×14 teflex sheet or 14×12 teflex sheet. Using an offset spatula spread mixture evenly. I have a large and a small offset spatula, and use them both all the time. For this recipe, a large offset spatula works the best.



4. Dehydrate at 125 degrees Fahrenheit for 1 hour. Reduce temperature to 108 degrees and continue dehydrating. At about the 3 mark, flip bread onto another tray, and carefully peel off teflex sheet. Continue dehydrating at 108 degrees for another 4-5 hours. I personally enjoy this bread when it's slightly moist and flexible, but if desired continue dehydrating for a crisper bread.

5. Place on a cutting board and cut into desired size pieces, and store in glass container in refrigerator. Bread will keep for approximately 30 days in refrigerator.

