



# Paddy's Gluten Free Soda Bread

## Tapioca Flour:

A starch made from the root of the cassava plant, naturally low in fat and high in carbohydrates it's gluten free, a good source of Iron which helps the body carry oxygen through to the various parts and muscles of the body and deficiency can lead to low energy, shortness of breath and dizziness. It also has adequate amounts of Potassium which is an important component of cell and body fluids that help regulate heart rate, nerve transmission and blood pressure.

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	34.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	310 kJ	913 kJ
Protein	1.9 g	5.5 g
Fat, total	1.0 g	3.1 g
- saturated	0.1 g	0.4 g
Carbohydrate	16.1 g	47.2 g
- sugars	2.0 g	5.8 g
Sodium	214 mg	628 mg

## Rice Flour:

Rice flour has higher levels of B Vitamins as they are stored in the husk of the grain, also most of the fibre is lost during the manufacture of white rice flour, mostly its made with a mix of both. Having a diet rich in fiber lowers your risk of developing diverticular disease, colon cancer and diseases, diabetes type-2, and hypertension.

## Teff

While teff is a seed and not actually a grain at all, it can be used in many of the same ways. Also, it boasts a few nutritional advantages that aren't found in a lot of other grains as well as some universal wholegrain benefits. It's worth asking why teff is all of the sudden surfacing as a healthy option. Teff is not new but has been relatively unknown in developing countries until now. But now that it has our full attention, we're noticing things that make it a nice addition to a healthy diet

## Besan:

Has a nutty flavour and is made from chickpeas. It is higher in protein and folate than normal wheat flour. It's also high in Vitamin B6, and B1 important for the production of energy, red blood cells and the neurotransmitter serotonin that regulates appetite and mood. It's high in minerals Iron, Magnesium and Phosphorus, helping to maintain vascular health, relax our muscles and regulate blood pressure.

## Almond Meal:

Good for your health especially the heart and with a delicate flavour almond flour is versatile in bread and cake making. It is known to us as a nut but is actually the seed of the fruit of the almond tree. It is particularly high in the antioxidant Vitamin E and Biotin for hair and nails. It is

high in health promoting monounsaturated fats that are associated with reduced risk of heart disease. has a low GI and imparts lightness and flavour to this gluten free bread.

### **Polenta:**

Made from corn you could source a flour made from GMO free corn. A low calorie food which is easy to digest it's high carbohydrate food rich in Vitamins A and C making it a good source of antioxidant powered carotenoids with health benefits like cancer, AMD and heart disease prevention and skin damage.

### **Sesame Seeds:**

Another super seed packed with nutrition especially Calcium (prevents colon cancer, osteoporosis, PMS and Migraine), Copper (shown to have relief for Rheumatoid Arthritis symptoms), Manganese, Phosphorus and Magnesium (supports vascular and respiratory health) Iron, Zinc (especially important for bone health in older men and fertility men), Molybdenum B1 and Selenium as well as lignans and phytosterols that have been shown to have a cholesterol lowering effect and help to prevent high blood pressure. Sesamin a compound found in sesame is also known to protect the liver from oxidative damage.

### **Yeast:**

We use fresh yeast, not dried.

### **Guar Gum:**

Is a soluble fibre made from the guar bean from India or Pakistan. It has functional food properties as well as practical properties when thickening and stabilising breads. It's been studied to treat diarrhea, IBS, obesity, diabetes, and may lower cholesterol, triglycerides, and LDL whilst balancing blood sugars.

### **Salt:**

Salt is a necessary ingredient in bread, it is also a natural preservative. There are various forms of salt, we use a good un-iodised salt. Processed breads are unhealthy as they use high amounts of salt. Our breads are low salt so they're a really good option for people who are looking to make healthier choices.

### **Water**