

Gluten Flour Loaf

1 cup gluten flour
½ cup grated walnuts
½ cup vegetable oil
1 tsp. salt
1 onion
1 cup cold water
1 - 2 eggs or (egg substitute)
1 tsp. beef style soup base or marmite
2 cups boiling water

Spice to taste (3 bay leaves optional) Mix cold water, oil, salt, nuts, onion and eggs. Slowly add the gluten flour. Pour into a greased casserole dish. Dissolve the marmite and spice in boiling water and pour over mixture. **Optional:** place bay leaves on top). Make sure you cover dish before placing in oven. Bake at 350 degrees for 60 to 70 minutes.