
– Gluten-Free Naan –

Who doesn't love nice, chewy freshly-made flatbread? Even if you can't eat wheat, you can enjoy this dietary staple. Yield: 6 Naan

INGREDIENTS

2/3 c. tepid milk
2 teaspoons dried active yeast
1 teaspoon sugar

10 oz. rice flour
60 grams tapioca flour
1 teaspoon xanthan gum
½ teaspoon salt
1 teaspoon gluten free baking powder

1 teaspoon sugar
2 teaspoons vegetable oil
2/3 c. plain/natural yogurt
1 egg, lightly beaten

DIRECTIONS

In a bowl mix the tepid milk with the sugar and yeast, then sit the bowl in a warm place for 4–5 minutes.

Sift the flours, xanthan gum, salt, and baking powder into a bowl. Mix them together in a separate bowl, and add the remaining sugar, oil, yogurt, egg. Mix until smooth. Add the yeast mixture.

Preheat the oven to its highest setting with a heavy baking tray or baking stone in it. Form the dough into 6 equal-sized balls. Roll out the balls into a tear shape that is ¼ inch thick (use rice flour, if necessary, to prevent sticking).

Place the rolled-out dough onto the baking surface. Bake for 3 minutes, or until the naan puffs up and turns light brown. You may need to cook it on both sides. You may place the tray under the broiler 30 seconds to 1 minute for extra browning.



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