
– Really Great Gluten-Free Bread –

This bread fools wheat-eating people all the time. It makes great toast, great french toast, and great sandwich bread. Plus it's loaded with nutrition. What could be better? I mean, really?

This is an adaptation from a Bette Hagman recipe called “Oregon Bread.”

Ingredients

DRY INGREDIENTS:

- 1 c tapioca flour
- 1 c cornstarch
- ¾ c garfava, garbanzo bean,
or fava bean flour
- ¼ c sorghum flour
- 2 tbsp brown sugar
- 2 ¾ tsp xanthan gum
- 2 tsp unflavored gelatin
- 1 ½ tsp salt
- 1 ¾ tsp egg replacer

- 1/3 c chopped hazelnuts
- 1 ½ tbsp sesame seeds
- 1 ½ tsp sunflower seeds
- 1 ½ tsp flax seeds
- 2 tsp dry yeast granules

WET INGREDIENTS:

- 1 egg PLUS 2 egg whites
- 3 tbsp maple syrup
- 3 tbsp butter or ghee, melted
- ¾ tsp apple cider vinegar
- 1 ½ c warm water

Directions

I make this in a bread machine, so I follow the manufacturer's recommendations for when and how to add wet ingredients, dry ingredients, and yeast. I use a white bread with medium crust setting, and it comes out perfectly, every time.

For hand mixing, combine all of the dry ingredients in a medium bowl and set aside.

In another, larger, bowl whisk the eggs; add the maple syrup, butter or ghee, vinegar, and most of the water (heated to 110°). Reserve some of the water.

Add the dry ingredients to the wet ingredients, a little at a time, and incorporate till the batter is smooth and like cake batter. Beat for 3 ½ minutes.

Pour into greased loaf pan, cover, and let rise 35–45 minutes for rapid-rising yeast—or— 60+ minutes for regular yeast. Bake in a preheated oven at 400° for 50–60 minutes, covering after 10 minutes with aluminum foil.



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