



This homemade gluten-free bread can be made with ease and simplicity. This bread is a perfect base for any sandwich, and it's easy to make and perfect for your next lunch.

Why You're Going to Love This Gluten-Free Bread

The taste of real, fresh, homemade bread is delicious, so ditch the store-bought bread and enjoy it. Great for all diets - This bread can be made with either dairy or vegan options. This recipe combines gluten-free flour and natural ingredients in a simple and wholesome way. So, no nasties.

How To Make Gluten-Free Bread

1. Bloom yeast in milk and sugar. 3-5 Minutes 2. Dissolve Psyllium powder in water. 1 Minute 3. Mix all dry. 4. Add all liquids to drys. 5. Knead in a mixer for 5 minutes. 6. Very wet dough. 7. Flour surface, shape dough, place in loaf pan, score loaf, proof until double. 8. Brush with egg white. 9. Bake for 1 hour at 400° or until internal temp reaches 205°





INGREDIENTS:

- 17g Psyllium Powder
- 220g Warm Water
- 115g Corn Starch
- 115g Potato Starch
- 100g Buckwheat Flour
- 70g Millet Flour
- 50g Sorghum Flour
- 50g Ground Flaxseed
- 40g Teff Flour
- 30g Brown Rice Flour
- 8g Baking Powder
- 12g Salt
- 40g Sugar
- 120g Warm Milk
- 8g Yeast
- 10g Sugar
- 2 Eggs
- 20g Apple Cider Vinegar
- 25g Vegetable Oil

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FAQs:



1. Is gluten-free bread healthier than regular bread?

Not necessarily. While gluten-free bread is suitable for those with gluten intolerance or celiac disease, its healthiness depends on the ingredients used. Some options are nutrient-dense, while others may be high in sugar or additives.

2. Can I freeze gluten-free bread?

Yes, gluten-free bread freezes well. Slice it beforehand, store it in an airtight bag, and thaw slices as needed. This helps maintain freshness and prevents waste.

3. Why does gluten-free bread have a different texture?

Without gluten, the bread lacks the elasticity and chewiness of traditional bread. Alternative flours and binders mimic these properties, but the texture may still feel slightly denser or crumblier.

4. How long does gluten-free bread stay fresh?

At room temperature, gluten-free bread usually stays fresh for 2-3 days. For longer storage, refrigerate or freeze it to prevent spoilage.

5. Can I make gluten-free bread vegan?

Yes! Substitute eggs with flaxseed meal or chia seeds mixed with water, and use plant-based milk to make vegan and gluten-free bread.