



## Simple, Delicious Gluten-Free Bread Recipe

Because this bread is made without preservatives, it will spoil quickly. Once it is made and cooled, you can slice it and freeze it in such a manner that you can access it a few slices at a time. My friend Nicole once said – “this isn’t bread, this is a treat!”

The following recipe is ideal for one glass loaf pan.

- ❖ Total of 2 cups of any combination of gluten-free flour. For example almond flour, hemp-flour, buck-wheat flour, brown rice flour, organic corn meal (remember corn is still very allergenic for most), quinoa meal, or an all purpose gluten-free flour – don’t forget you can also include ground flax seed in this recipe.
- ❖ 1 tsp sea salt
- ❖ 2 tsp baking powder
- ❖ 2 tsp baking soda
- ❖ 2 tsp xanthum gum
- ❖ 1 Tbsp honey, maple syrup, or brown sugar
- ❖ 1 large egg
- ❖ 1 Tbsp flax oil and 1tbsp olive oil
- ❖ 1 C. soy, rice or almond milk with 1Tbsp lemon juice (it will sour and curdle like buttermilk)

**A note on flours;** Almond flour and quinoa meal can be easily made by adding the almonds or the quinoa to you blender and making short work of them. The hemp and buckwheat are both very earthy flours, so you may want to use just ¼ cup or less. Nutrispring Farms (Hwy 5 and Brock Road) have created a great all purpose gluten-free flour which is also available for sale at Goodness Me.

Try mixing the flours to find a combination you like. My personal favourite is 1C almond flour, 3/4C GF all purpose flour and ¼ C of buckwheat flour/ground flax. This particular combination of flours bakes at 350 for approximately 20-25 minuets – but it may take longer.

### Instructions:

Preheat oven to 350-375F. Combine dry ingredients. Combine wet ingredients. Mix the two together. Bake in a greased loaf pan or greased muffin tin until golden and a dry fork emerges on testing – the time will vary depending on the density of the flours you use.

To jazz it up a bit, consider adding one of these:

- Chopped green chili peppers
- Jalapeno peppers
- Dried cranberries or blueberries
- Sunflower seeds, raisins and cinnamon