

Gluten-Free Sandwich Bread

BY STEPHANIE F.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

Yeast Mix:

- 1 ½ cup organic milk ✓
- 4 tbsp. honey ✓
- 2 ½ tbsp. dry active yeast

Wet Mix:

- 2 tsp. apple cider vinegar ✓
- ¼ cup olive oil or avocado oil ✓
- 2 organic eggs

Dry Mix:

- 3 cups all-purpose flour ✓
- 1 ½ tsp. Xanthan Gum ✓
- 4 tsp. baking powder
- 1 tsp. salt ✓

DIRECTIONS:

1. Preheat oven to 375° F.
2. In a bowl, combine milk with honey and yeast. Let mixture proof for about 10 minutes.
3. In another bowl, mix in all dry ingredients and set aside.
4. For the wet ingredients, pour them into a separate bowl and using a hand mixer (you can also use a stand mixer fitted with the paddle attachment) mix just for a few seconds.
5. Add in the yeast mix to the wet mix and pulse for a few seconds.
6. Add the dry mix and pulse for a few minutes, until all ingredients combine well.
7. Grease your bread pan and using a spatula pour mixture in.
8. Using a spatula, scrape the bread mixture into your prepared loaf pan and set on top of your stove to proof while the oven is preheating. Be sure to smooth out the loaf with spatula or wet fingers before proofing as the loaf will not smooth out itself. Let the mixture sit and rise for 20 minutes before placing in oven.
9. Let the mixture sit and rise for 20 minutes before placing in oven.
10. Bake for 45 minutes.
11. Remove loaf pan from oven and let cool for 5-10 minutes.
12. Place bread in cooling rack and wait for it to be completely cool before slicing.