



by Gluten Free Mommy

## GLUTEN FREE QUINOA MILLET RICE BREAD RECIPE

### INGREDIENTS:

1 cup brown rice flour or sorghum

1/2 cup Quinoa flour

3/4 cup millet flour

1/2 cup tapioca flour

1/3 cup arrowroot starch\* you can substitute cornstarch if you need to

1/3 cup sweet rice flour

1/4 flax seed meal (you can't taste it and it adds fiber)

1 Tablespoon xanthan gum

3 eggs

1 tsp apple cider vinegar

1 packet active dry yeast+ 1 tsp agave and 1/2 tsp sugar for proofing yeast

1 Tablespoon molasses

3 Tablespoons brown sugar

1 1/2 teaspoons salt

4 Tablespoons butter or butter substitute, melted

1/2 cup plus 1 cup heated water (1/4 of the water was for the yeast proofing. And, I heated my water to 120 degrees to proof the yeast)

#### DIRECTIONS:

Make sure all your dry ingredients (and eggs!) are at room temperature. Grease the bottom of a 10 inch loaf pan or two 8 inch pans.

Heat the oven to 200 degrees and then turn off. In the bowl of your stand mixer (I used my paddle not my dough hook for this recipe), sift together the dry ingredients.

In a separate medium bowl, mix eggs, molasses, vinegar, and melted butter together. Heat your water for proofing the yeast. I recommend 120 degrees. In a small prep bowl, stir together your active dry yeast and one teaspoon of sugar. Add 1/4 cup of the heated water to the yeast mixture. Let the yeast sit for 10 minutes. It should be foamy and active! If not, start over with another packet of yeast.

Once your yeast is ready, add the egg mixture to the dry ingredients. Then add the yeast mixture. Then slowly add your water (should still be warm) to achieve the right consistency in your batter. Since different brands, flours, measuring techniques act different I do not recommend just blindly dumping in the rest of the water but adding gradually instead. The dough should be like very stiff cake batter. I beat my dough on high for about 5 minutes in my stand mixer.

If you accidentally add too much water simply add a little rice flour until you achieve the dough consistency you are after. Put the dough in your prepared pan and place in oven to rise for about 45 minutes. You can put plastic wrap or a towel over the pan. My house is much too cold right now so I put mine in the oven so that the dough can rise. Once the dough has risen to the top of the pan, bake the bread for 40 minutes at 350 degrees or until internal temperature reaches 190 degrees. As you can tell, I am big on thermometers.

Makes a delicious loaf of bread that is eaten in no time. My bread is always consumed within 2 days so I don't know how long it lasts. I would not refrigerate this bread ( it might get soggy), but I would slice and freeze it for later use.

*The Balanced Body Center*

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