

Quick Gluten-Free Bread

Ingredients:

- 1¼ cups chickpea or garbanzo bean flour (150 g.)
- 1¼ cups rice flour (150 g.)
- 2 tbsp. tapioca flour
- 1 tbsp. Non-GMO, aluminum-free baking powder*
- ½ tsp. baking soda
- 1 tsp. Psyllium husk (optional)
- ¼ tsp. salt**
- 1 cup plain unsweetened plant-based milk
- ¼ cup filtered water
- 2 tbsp. fresh lemon juice***



Instructions:

1. Preheat the oven to 350°F or 180°C.
2. Place the chickpea flour, rice flour, tapioca flour, baking powder, baking soda, salt, and Psyllium in a mixing bowl and combine well with a spatula, whisk, or spoon.
3. To a separate container (I use a glass measuring cup) add the milk, water, and lemon juice.
4. Add the liquid ingredients to the dry and mix well.
5. Transfer the mixture to a 9x5 inch loaf tin lined with parchment paper.
6. Bake for 45-50 minutes or until a toothpick inserted in the center comes out clean.
7. Leave to cool on a wire rack or clean kitchen towel before slicing.
8. Store leftover bread in a cool dry place for 1-2 days or keep in the fridge for up to a week.

Tip: Make sure to let the bread cool completely before slicing or storing it away, else the steam from the warm bread will get trapped and the bread will become soggy. You can also store this bread in the freezer for several months; just make sure you slice it first. Lastly, weighing the flours ensures that your bread comes out perfect every time.

**I used the Rumford brand.*

***Celtic Sea Salt or Pink Himalayan Salt is best because they have a better mineral balance and do not have added fluoride or baking soda*

****The lemon in this recipe neutralizes the very alkaline baking soda. For the sake of your health **do not leave it out.** Note. ½ tsp. baking soda is neutralized by 1 tbsp. lemon juice.*