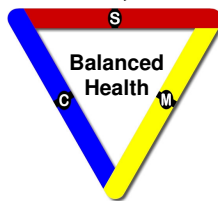


Natural Health Center

The Art & Science of Natural Healthcare



13384 Jones Road ♦ Houston, TX 77070

Phone: (281) 897-8818 ♦ www.nhchouston.com ♦ Fax: (281) 897-8817

Gluten-Free Bread

Dry Ingredients:

- 3 C. Bob's Red Mill's all purpose GF flour
- ¼ C. Sugar
- 2 ½ t. xanthan gum
- 1 tsp. unflavored gelatin
- 1 tsp. salt
- 1-2 cups of dried fruits if desired

Liquid Ingredients:

- 1 -12 ounce bottle of Redbridge Beer or Water. (Preheat in microwave before adding to mixture for 1:45 if cold or 45 seconds if at room temp.)
- ¼ C. of Almond, Soy or Rice Milk
- ¼ C. of Melted butter, mayonnaise or organic non-trans fat shortening
- 1 t. Distilled vinegar
- 3 eggs

Yeast:

- 1 T yeast granules (one package). Use regular yeast for 3-hour bake or use quick rise yeast for express bake. I prefer the regular yeast because quick rise is associated with promoting yeast infection.

In one bowl combine all dry ingredients including 1-2 cups of dried fruits if desired and mix together with a wisp. Next, preheat Redbrige Beer or Water in the microwave. Combine all wet ingredients in a bowl and wisp together and finish by adding the wisping in the preheated beer or water. Pour all wet ingredients into the bake pan being careful not to splash the ingredients on the sides of the pan. Next, pour dry ingredients into pan slowly to float them on top of the wet ingredients. Make a small indentation (a well) into the center of the dry ingredients with your finger and pour the yeast granules into the well making sure that the yeast does not touch the wet ingredients. Next, lower bake pan into the bread maker. Close the lid and bake either on express bake (if quick yeast has been used) or 3-hour bake if regular yeast has been used. Set crust color to "light".