



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

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18g protein

2. Dairy-Free Oat Protein Sandwich Loaf

15g protein

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Gluten-Free Almond Flour Protein Bread

18g

Prep: 10 min

Cook: 45 min

Total: 55 min

Yield: 12 slices

Difficulty: Easy

165

CALORIES

18g

PROTEIN

8g

CARBS

11g

FAT

INGREDIENTS

200g almond flour

60g unflavored whey protein powder

4 large eggs

60ml olive oil

1 tsp baking powder (gluten-free)

1/2 tsp salt

1 tbsp apple cider vinegar

INSTRUCTIONS

- 1 Preheat your oven to 175°C (350°F) and line a 9×5 inch loaf pan with parchment paper.
- 2 In a large bowl, whisk together the almond flour, protein powder, baking powder, and salt.
- 3 Add the eggs, olive oil, and apple cider vinegar to the dry ingredients. Mix until a smooth batter forms.
- 4 Pour the batter into the prepared loaf pan and smooth the top. Bake for 40-45 minutes until golden brown and a toothpick comes out clean.
- 5 Let the bread cool in the pan for 10 minutes, then transfer to a wire rack. Slice and serve once completely cooled.

Dairy-Free Oat Protein Sandwich Loaf

15g

Prep: 15 min

Cook: 50 min

Total: 65 min

Yield: 14 slices

Difficulty: Medium

145

CALORIES

15g

PROTEIN

18g

CARBS

5g

FAT

INGREDIENTS

200g certified gluten-free oat flour

60g vanilla plant-based protein powder

240ml unsweetened oat milk

60ml coconut oil, melted

2 tbsp maple syrup

1 packet (7g) instant yeast

1 tsp salt

2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)

INSTRUCTIONS

- 1** Mix ground flaxseed with water and let sit for 5 minutes until gel-like.
- 2** Warm the oat milk to 110°F (43°C), add maple syrup and yeast. Let sit for 5 minutes until foamy.
- 3** Combine oat flour, protein powder, and salt. Add the yeast mixture, flax eggs, and melted coconut oil. Mix until a sticky dough forms.
- 4** Cover the dough and let rise in a warm place for 45 minutes until doubled in size.
- 5** Transfer to a greased loaf pan, let rise another 20 minutes. Bake at 175°C (350°F) for 45-50 minutes until golden and hollow-sounding when tapped.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 200g almond flour
- 60g unflavored whey protein powder
- 1 tsp baking powder (gluten-free)
- 200g certified gluten-free oat flour
- 60g vanilla plant-based protein powder
- 240ml unsweetened oat milk

DAIRY & EGGS

- 4 large eggs
- 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)

PRODUCE

- 1 tbsp apple cider vinegar

SWEETENERS & FLAVORINGS

- 2 tbsp maple syrup

OTHER

- 60ml olive oil
- 1/2 tsp salt
- 60ml coconut oil, melted
- 1 packet (7g) instant yeast
- 1 tsp salt

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit protein-bread.com for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified breads recipes, interactive ingredient substitutions, and more free recipe packs.

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