



## 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](https://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

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- ☐ 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

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

## PRODUCE

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- ☐ 1 tbsp apple cider vinegar

## SWEETENERS & FLAVORINGS

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- ☐ 2 tbsp maple syrup

## OTHER

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- ☐ 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](https://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.

[protein-bread.com](https://protein-bread.com)