



## Gluten-Free Italian Loaf

No disclaimer is needed for this delicious gluten-free bread. Serve it to family and friends and they will be shocked to find out it's dairy-, egg- and gluten-free!

**Prep time:** 20 minutes

**Rise Time:** 50-60 minutes

**Cook time:** 45 minutes

**Makes:** 1 loaf

**1 cup millet flour**

**½ cup sorghum flour**

**½ cup corn starch**

**½ cup potato starch (not potato flour)**

**½ cup tapioca starch**

**2 teaspoons xanthum gum**

**1¼ teaspoon salt**

**1 tablespoon, plus 1  
teaspoon xylitol**

**4 teaspoons active dry  
yeast (not quick-rising)**

**1 tablespoon extra virgin  
olive oil**

**1½ cup water, heated to  
110°F**

**Topping:**

**2 tablespoons sesame  
seeds**

**1 teaspoon coarse sea salt**

**¼ teaspoon garlic powder**

**1 teaspoon extra virgin  
olive oil**

1. Combine all of the dry ingredients, except for the yeast, in a large mixing and stir very well to combine. Add the yeast and stir again. (When salt touches yeast directly, it can kill the yeast.)
2. Combine the oil and warm water and add to the mixing bowl.
3. Mix at a low speed for 30 seconds, or until the flour and liquids are combined.
4. Scrape the bowl with a rubber spatula to incorporate all the flour, and then beat the mixture at high speed for 3 minutes. The mixture will be very thick (similar to pound cake batter).
5. Lightly grease an 8½x4½-inch loaf pan with oil and dust with a small amount of sorghum flour.
6. Spoon the mixture into the greased pan. Combine the dry topping ingredients and sprinkle them evenly over the dough.
7. Grease one side of a piece of waxed paper and loosely cover the pan with the oiled paper.
8. Allow the dough to rise in a warm (about 80°F) draft-free place for one hour, or until the bread has risen to nearly the top of the pan. The top will crack slightly.
9. While the bread is rising, place the oven rack in the middle position and preheat the oven to 400°F.
10. Bake the risen dough for one hour. After one hour, remove the bread from the oven and pour the olive oil evenly over the top and return to the oven for an additional 20 minutes. The top should be very well browned and an instant-read thermometer should register 215°F-220°F.
11. Remove the bread and allow it to cool for 5 minutes, before turning it out onto a rack to cool completely.

**Cook's Note:** Use leftover bread for Italian Breadcrumbs on page 244 or Croutons on page 245 of *Recipes for Repair: A Lyme Disease Cookbook*.