



## Gluten-Free Sandwich Bread

This whole grain alternative is more nutritional and has a lower GI index than bread made from white flour.

**Prep time:** 20 minutes

**Rise Time:** 50-60 minutes

**Cook time:** 45 minutes

**Makes:** 1 loaf

**2 large room-temperature eggs**

**2 tablespoons safflower or extra virgin olive oil**

**2 tablespoons honey**

**1 cup almond milk (page 237), heated to 110°F**

**1 cup water, heated to 110°F**

**2½ cups brown rice flour**

**⅓ cup tapioca starch**

**⅓ cup potato starch (not potato flour)**

**1 tablespoon xanthan gum**

**1 teaspoon salt**

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

1. Lightly grease an 8½x4½-inch loaf pan with oil.
2. Beat the eggs in a large mixing bowl at medium speed for 2 minutes, or until frothy.
3. Combine the oil, honey, warm almond milk and warm water, add to the beaten eggs and beat for 1 minute.
4. Combine all of the dry ingredients, except for the yeast, in a large bowl and stir well to combine. Add the yeast and stir again. (When salt touches yeast directly, it can kill the yeast.)
5. Add the flour mixture to the wet ingredients in the mixing bowl. Mix at a low speed for 30 seconds, or until the flour and liquids are combined.
6. Scrape the bowl with a rubber spatula to incorporate all the flour, and then beat the mixture at medium speed for 4 minutes. The mixture will be very thick (similar to pound cake batter).
7. Spoon the mixture into the greased pan. Tap the pan against the counter to help distribute the thick batter. Using a wet knife or spatula, even out the top of the dough in the pan.
8. Using a paper towel, spread about ½ teaspoon of oil onto a sheet of plastic wrap. Loosely cover the pan with the oiled wrap.
9. Allow the dough to rise in a warm (about 80°F) draft-free place for 50-60 minutes, or until the bread has risen to nearly the top of the pan.
10. While the bread is rising, place the oven rack in the middle position and preheat the oven to 350°F.
11. Bake the risen dough for 45-50 minutes, or until an instant-read thermometer registers 205°F, or until tapping the top of the bread makes a hollow sound. If the bread seems to be too brown after 40 minutes, loosely cover the pan with a piece of foil.
12. 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*.