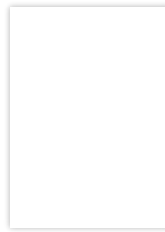


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Brazilian Cheese Bread (Pao de Queijo)



These yummy gluten/wheat free breads are good for those with Celiac disease or gluten intolerance. These are good either served plain, or with marinara sauce. For more variety, try adding a variety of herb seasonings, such as Italian seasoning or try substituting other cheeses for the Parmesan.

Prep: 10 mins

Cook: 20 mins

Additional: 10 mins

Total: 40 mins

Servings: 6

Yield: 6 breads



Ingredients

½ cup olive oil or butter

⅓ cup water

⅓ cup milk or soy milk

1 teaspoon salt

Directions

Step 1

Preheat oven to 375 degrees F (190 degrees C).

Step 2

Pour olive oil, water, milk, and salt into a large saucepan, and place over high heat. When the mixture comes to a boil, remove from heat immediately, and stir in tapioca flour and garlic until smooth. Set aside to rest for 10 to 15 minutes.

- 2 cups tapioca flour
- 2 teaspoons minced garlic
- 2/3 cup freshly grated Parmesan cheese
- 2 beaten eggs

Step 3

Stir the cheese and egg into the tapioca mixture until well combined, the mixture will be chunky like cottage cheese. Drop rounded, 1/4 cup-sized balls of the mixture onto an ungreased baking sheet.

Step 4

Bake in preheated oven until the tops are lightly browned, 15 to 20 minutes.

Nutrition Facts


Per Serving: 385 calories; protein 6.3g; carbohydrates 39.9g; fat 22.6g; cholesterol 70.9mg; sodium 555.1mg.

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