

## 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.

By GLOJAO

**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  
2 cups tapioca flour  
2 teaspoons minced garlic  
⅔ cup freshly grated Parmesan cheese  
2 beaten eggs

### 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.

#### 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.