

## Gluten-free Flax Bread

### INGREDIENTS:

- 1 ¼ cups gluten-free flour
- ¼ cup garfava flour
- ½ cup potato starch
- ¼ cup cornstarch
- ¼ cup flax seed meal
- 2 ½ teaspoon xanthan gum
- 2 teaspoons active dry yeast
- 1 teaspoon salt
- 2 eggs
- 2 egg whites
- 1 cup water or 1 cup milk substitute
- 2 tablespoons walnut oil
- 2 tablespoons honey
- 2 teaspoons apple cider vinegar

### PREPARATION:

Combine flours, flax, starches, gum, yeast, salt. In the mixer, combine wet ingredients and then add the dry. Scrape the sides and mix on medium for 4-5 minutes. Pour into a 9x5 pan and let rise to top of pan (about 80 minutes). Bake at 350 for about 40 minutes. Remove from pan, cool, and slice.

<http://www.food.com/recipe/gluten-free-flax-bread-190906>

### NOTES FROM THE COOK:

Snack