

# Easy Gluten Free Bread or Buns (vegan, FODMAP friendly)



Your 'handling' time: 15 minutes



Cook Time: 1hr 15minutes



Serving: 8-12 slices

## Ingredients

Makes small or regular size loaf

### Small Regular

360g	550g	room-temperature water
1 (7g)	1 (7g)	packet active dry yeast
330g	500g	WS GF Bread Flour
1tbs	1.5tbs	organic apple cider vinegar



## Cooking Method

- In a large bowl, combine ingredients.
- Mix well by hand or in your favourite electric mixer until thoroughly combined (**minimum 10 minutes**), scrape down the sides regularly.
- Let the mixture stand to thicken for **20 mins**.
- For loaf: scoop or using oiled hand shape dough and put into a lined loaf tin.
- For buns: using oiled hand shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan.
- Mist top of dough generously with water, sprinkle seeds if desired and put inside a closed container.
- Rise until dough has started to DOME, around 50% rise in volume – APPROX 30MINS
- DO NOT RISE DOUGH TO DOUBLE
- Bake in your pre-heated fan forced 240C oven for 30mins.
- Reduce heat to **200C** and bake for a further 15-20mins (buns); **20-30** (small loaf); **30-40** mins (regular loaf) or UNTIL inner temperature reaches 100C and the inserted probe is dry
- **For loaves: Turn oven off and leave the loaf in the oven for 15 minutes, with the door slightly ajar**
- Cool completely prior to slicing
- Keep fresh & soft for a few days in closed container.
- Bread freezes and thaws well.

### Notes:

If you like a drier crumb, PROTEIN POWDER maybe added (2-3tsp). It will also add extra protein

1-2 tbs sweetener (sugar, coconut sugar, rice malt, maple syrup) can be added if you prefer a sweeter loaf.

2-3 tbs extra virgin olive oil or any vegetable oil can be added if you like a soft crust

# Sourdough Easy Gluten Free Bread or Buns (vegan, FODMAP friendly)



Your 'handling' time: 15 minutes



Cook Time: 1hr 15minutes



Serving: 10-15 slices

## Ingredients

Makes small or regular size loaf

**Small    Regular**

360g    550g    room-temperature water

80g    120g    gluten free sourdough starter  
(1flour:1water), active

330g    500g    WS GF Bread Flour



## Cooking Method

- In a large bowl, combine ingredients.
- Mix well by hand or in your favourite electric mixer until thoroughly combined (**minimum 10 minutes**), scrape down the sides regularly.
- Let the mixture stand to thicken for **20 mins**.
- For loaf: scoop or using oiled hand shape dough and put into a lined loaf tin.
- For buns: using oiled hand shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan.
- Mist top of dough generously with water, sprinkle seeds if desired and put inside a closed container.
- Rise until dough has started to DOME, around 50% rise in volume
- DO NOT RISE DOUGH TO DOUBLE
- Bake in your pre-heated fan forced 240C oven for 30mins.
- Reduce heat to **200C** and bake for a further 15-20mins (buns); **20-30** (small loaf); **30-40** mins (regular loaf) or UNTIL inner temperature reaches 100C and the inserted probe is dry
- **For loaves: Turn oven off and leave the loaf in the oven for 15 minutes, with the door slightly ajar**
- Cool completely prior to slicing
- Keep fresh & soft for a few days in closed container.
- Bread freezes and thaws well.

### Notes:

If you like a drier crumb, PROTEIN POWDER maybe added (2-3tsp). It will also add extra protein

1-2 tbs sweetener (sugar, coconut sugar, rice malt, maple syrup) can be added if you prefer a sweeter loaf.

2-3 tbs extra virgin olive oil or any vegetable oil can be added if you like a soft crust