

Yeast bread – bread maker recipe

Ingredients

- 167g **Pure** gluten-free blended flour *
 - 1 ¼ tsp **Pure** Xanthan gum *
 - 17g granulated sugar
 - 23g dry milk powder
 - ½ tsp salt
 - 40ml lukewarm water
 - 1 egg
 - 150ml water
 - 23g lard or butter
 - ½ tbs yeast granules
 - ½ tsp granulated sugar
 - 1/3 tsp rice vinegar
- * Denotes item available from Innovative Solutions on prescription

Preparation method

1. Combine the flour, Xanthan, sugar, salt and milk powder in a bowl and mix well.
2. In a separate bowl dissolve the sugar in the 40ml of lukewarm water and when the sugar has dissolved mix in the yeast and set to one side.
3. Heat the 100ml water and fat in a pan until the fat has melted.
4. Add this fat/water mixture and the rice vinegar to the dry ingredients and mix until almost blended. Add the egg and mix well.
5. Finally add the yeast solution and mix well.
6. Allow to cool fully before slicing and keep the bread in an airtight container or bag, or slice and freeze.



15-20 minutes

Preparation time

Varied – depending on model of bread maker

Cooking time

Makes 1 loaf

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This bread can be mixed by hand or using a mixer.

Notes 