Nurturing you through to health and happiness
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NATUROPATH AND REGISTERED NURSE

Gluten free, organic bread for bread machine

Place all listed ingredients IN ORDER, into bread machine. Set to gluten free loaf.

This recipe works in a **Panasonic bread machine**- I am not sure which others. Use organic ingredients to ensure maximum nutrition AND no pesticides and added nasties. This recipe is adapted from the Panasonic Automatic Breadmaker book.

430ml water

1/3 cup olive oil

3 eggs, lightly whisked

1 tsp vinegar (apple cidar vinegar, or plain vinegar)

2 cups brown rice flour

1 cup arrowroot (or tapioca if you can't find pure arrowroot)

½ cup besan (chickpea) flour

½ cup brown rice flour

½ tsp sea salt

1tbsp xanthum gum

2 tsp yeast

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