

# ROBYN'S BREAD

Serves 8 (Gluten Free, Dairy Free, Yeast Free)

This bread is best eaten on the day it is made but will keep for up to 3 days in an airtight container (unless you eat it sooner!). It freezes well and can be sliced before freezing to allow individual portions to be defrosted.

## Dry Ingredients

- 3 ½ cups flour (*Try Robyn's blend below*)
- ½ cup almond meal
- ¼ cup psyllium husk
- 2 teaspoons baking powder
- 1 teaspoon bicarbonate of soda
- ¾ teaspoon xanthan gum
- ½ teaspoon Himalayan rock salt

## Robyn's GF Bread Flour Blend (makes 3 ½ cups):

- 1 cup GF SR flour
- ¾ cup brown rice flour
- ¾ cup potato starch
- ½ cup tapioca flour
- ½ cup sweet white rice flour

## Wet Ingredients

- 2 teaspoons golden syrup
- 1 teaspoon apple cider vinegar
- 1 large egg
- ¼ cup sunflower oil
- 1 ½ cups sparkling mineral water (room temperature)

## Method

Preheat the oven to 170°C on convection bake; no fan.

In a large mixing bowl, combine all the dry ingredients and mix with a long metal or wooden spoon so it's well combined.

Make a well in the centre of the mixed dry ingredients. Add all the wet ingredients into the well and mix thoroughly until a thick mixture forms.

The mixture should be fairly thick but not so much that it's a ball of dough in the bottom of the bowl.

Heavily grease a bread pan (eg with shortening) and transfer the mixture to the pan.

Smooth down the top of the mixture before putting it in the oven.

Bake for 1 hour & 15 minutes.

Take the pan out of the oven and leave the bread in the pan for **no more** than 5 minutes before turning out.

Use a silicon knife to poke down the edges so the bread does not tear before turning it out.

Leave on a wire rack for 30 minutes before slicing.

## Robyn's Notes

*You can substitute a few flours in this recipe if you prefer other tastes or textures (eg teff flour instead of tapioca flour, or more tapioca flour and less rice flour). However, do not deviate too far from the recipe or it may not turn out so well. It is best to accurately measure out the smaller ingredients (eg xanthan gum, bicarb soda, salt etc).*