

Gluten Free White Bread

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(Recipe was developed and tested by April Litchford Extension Assistant Professor, Cindy Jenkins Extension Assistant Professor, Eva Timothy Extension Assistant Professor, and Paige Wray (Extension Assistant Professor for the University of Idaho))

Yield: 1 loaf or 12 slices

Are you missing your favorite sandwich because you can't find a gluten free bread that will hold up to sandwich crafting? Or do you avoid eating bread because most gluten free bread is hard and dense? WE have the solution for you! This recipe produces bread perfect for sandwiches or toast or a drizzle of honey. It is easy an easy recipe to follow and it produces amazing results every time. For the best results, use the Cup 4 Cup® flour blend.

Ingredients

- 3 cups gluten free flour blend
- 1 tablespoon active dry yeast
- 3 Tbsp sugar
- 1 ¼ cup warm water (about 95°F)
- # cup oil
- 3 eggs
- 1 ½ tsp salt



Directions

Combine flour and salt in an electric mixer bowl, set aside. In a separate bowl, dissolve sugar and yeast in warm water and let stand until the yeast becomes foamy. Add yeast mixture, eggs, and oil to dry ingredients.

Mix ingredients on medium speed using the paddle attachment until fully incorporated (about 1 minute). Turn mixer to high and mix for 1-2 minutes until dough is smooth and stretchy. Scrape bowl as necessary to thoroughly blend all ingredients.

Grease a 9x5" loaf pan. Spoon dough into the pan and smooth the top with the back of a wet spoon. Using a butter knife cut a shallow line down the middle of the dough.

- Note: If you are using an 8.5x4.5" loaf pan, only add about $\frac{3}{4}$ of the dough.

Cover dough with greased plastic wrap and place dough in a warm room to rise for 20 minutes.

- Note: Do not let dough rise longer than 20-25 minutes, it will form large holes in the dough if it raises too long.

Bake in a preheated 375°F oven until golden brown. Check the bread after 30 minutes for doneness (you can use a toothpick, skewer, or thermometer to at least 165°). If the top looks too brown, but the interior is not done, turn the oven down to 350°F. Let the bread continue cooking, checking for doneness as appropriate.

- Note: You might want to put a cookie sheet or cake pan on the bottom rack of your oven in case the bread overflows the pan.

Authors

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