



Healthy Recipes for Healthy Living

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Almond Flour Bread (Gluten-Free)



Dry Ingredients:

1 cup of Brown Rice Flour
1 cup Almond Flour
3/4 cup White Rice Flour
1/4 cup Tapioca Flour
2 1/2 teaspoons Guar Gum or Xanthan Gum
1 teaspoon Salt
2 teaspoons Instant Yeast

Wet Ingredients:

2 Eggs
2 tablespoons Honey
2 tablespoons Olive oil
1 teaspoon Vinegar or Lemon juice
1 - 1 1/4 cups Warm water

Mix dry ingredients in food processor. Add the wet ingredients. Process until it is thick like a cake mix. Add more water as needed. Pour into pan and rise as high as $\frac{3}{4}$ of the pan. Bake at 350° F for 30 minutes.

For cinnamon raisin or date loaf, add $\frac{1}{2}$ cup of soaked raisins - (5 min in boiling water) and 2 teaspoons of cinnamon. For pizza, spread the dough onto a cookie sheet using lots of olive oil to press it down. Bake at 400F for 10 minutes. Add toppings and cook another 10 minutes.