

The World's Best Tasting Gluten-Free Bread Recipe

This recipe uses [buckwheat](#) - an herb - as its base, which gives the bread a slightly sweet, nutty taste. Some tapioca flour gives the bread the texture of many gluten-based breads, while the coconut milk adds a rich, dense flavor.

- Makes one medium sized loaf
- Prep time: Five minutes
- Bake time: "Dark" or "Whole Grain" setting on a bread maker - about 1-1/2 hours start to finish

Ingredients

- 1-1/3 cup buckwheat flour
- 1/2 cup brown rice flour
- 3/4 cups tapioca flour
- 2-1/4 teaspoons xanthan gum
- 1-1/4 teaspoon salt
- 1 packet gluten-free yeast
- 1 cup coconut milk
- 1/2 cup water
- 2 tablespoons honey
- 1 large egg
- 4 tablespoons olive oil
- 1/2 teaspoon cider vinegar

Instructions

1. Pour the liquid ingredients into the bread maker in the order listed.
2. Carefully pour the dry ingredients into the bread maker onto the wet ingredients. Try to cover the surface of the wet ingredients completely, adding the yeast last.
3. Set the machine to "dark" or "whole grain" setting. Do not be alarmed if the dough does not seem to be rising; some buckwheat flours do not rise without significant heat. Your bread will rise as it bakes if it does not do so during the traditional "rise" times. These times are still necessary, however, to let the dough "rest" between kneading; do not skip ahead to baking if your dough does not appear to rise.
4. After the final "rise," wet down your hand and pull the dough hook from the bottom of the machine. Smooth down the top of the dough.
5. Bake until golden brown and allow to cool before removing from the machine.

Modifications

This bread works beautifully for sandwiches, toast or eating still warm and spread with butter and jam. It can also be modified for a number of other uses.

- Rolls: Set the machine to manual and pull out the dough after the last rise. Drop it by the tablespoon onto a greased cookie sheet and bake at 375 degrees for 30 minutes to get buckwheat rolls.
- Buckwheat Walnut bread and rolls: Set the machine to manual and pull the dough out after the last rise. Add 1/2 cup of walnuts and an extra tablespoon of honey to the dough. Mix well and pour into a bread pan. Allow to "rise" one last time; then bake at 375 degrees for 30 to 35 minutes or until golden brown.
- Light bread: Substitute the coconut milk for skim or two percent dairy milk for a lighter version of this bread