

Gluten Free Prairie Oat Sandwich Bread Recipe

Developed by Carla Spacher, Recipe Developer and Founder of glutenfreerecipebox.com



Ingredients

- 1 cup water, heated to 110°F, divided
- ¼ cup instant non-fat dry milk
- 2 Tablespoons honey
- ¼ cup flax seed meal
- 2 ¼ teaspoons instant dry yeast
- 1 ¼ cups Gluten-Free Prairie Oat Flour
- 1 cups potato starch
- ½ cup tapioca flour/starch
- 1 Tablespoon xanthan gum
- 1 teaspoon fine sea salt (or salt)
- 1 teaspoon apple cider vinegar
- 4 large egg whites, at room temperature
- ¼ cup extra virgin olive oil (or your favorite cooking oil)
- Gluten-free olive oil cooking spray (or cooking oil), for pan

Optional Oat Topping

- 2 teaspoons Gluten-Free Prairie Oats
- 1 egg white
- 1 ½ Tablespoons water

Tip

- Once you remove the bread from the oven and set it aside to cool, if you notice that the sides begin to concave in, that means it is not fully baked. Place it back in the pan and back in the oven to bake longer.

Directions

1. Oil a 9×5" loaf pan.
2. Preheat oven to 170 – 200°F (lowest possible).
3. Add the dry milk and honey to ½ cup warm water; stir until all dissolves; add yeast; stir; and set aside until foamy on the top, about 5 mins.
4. Add flax seed meal to ½ cup warm water; stir; and set aside.
5. Whisk together the dry ingredients; set aside.
6. In the large bowl of your mixer, beat egg whites at high speed until foamy, (not as far as forming soft peaks) approximately 30 seconds.
7. Stir the flax mixture and add it to the egg whites, along with the yeast mixture, oil, and vinegar; blend on low, just until blended.
8. Add the dry ingredients all at once and beat on high for 4 minutes.
9. Add the dough batter to the prepared pan; sprinkle drops of water on top and distribute the dough evenly and smooth with a rubber spatula.
10. If using oats on the top, whisk the water and egg white and use it to baste the top of the bread; sprinkle with oats and pat the oats with moistened fingers so they adhere to the bread.
11. Set the pan in the preheated oven on the center rack. Turn the oven off and leave the door ajar. Allow it to rise until it reaches ½" over the top of the pan, approximately 35 minutes.
12. Remove the pan from oven and preheat oven to 375°F. The dough will continue to rise.
13. Once preheated, place the pan on the center rack in the center of the oven and bake for approximately 37 – 40 minutes. Tent with foil once it reaches your desired browning color.
14. Remove the pan from the oven and immediately remove the loaf from the pan, loosening sides, if necessary, and set it on a cooling rack to cool *completely*, approximately 2 hours.
15. Slice with an electric slicer, electric knife or serrated knife.