

Gluten Free Breads and Muffins

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Banana Nut Muffins

(wheat, gluten, dairy, egg, and yeast free)

2 cups brown rice flour

1 cup tapioca flour

2 tablespoons potato starch flour

2 tablespoons baking powder (non-aluminum)

2 tablespoons fructose or 1/8 teaspoon Stevia powder

1 teaspoon xanthan gum

1/2 teaspoon agar agar

1/2 teaspoon sea salt

4 medium fresh almost green bananas, peeled & mashed

3/4 cup almonds or walnuts, chopped

1-3/4 cups rice milk or water or organic cow's milk

2 tablespoons cold pressed sunflower oil

1 teaspoon vanilla flavor (non-alcoholic)

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add the milk while mixing. Add canola oil and vanilla. Add bananas. Spoon mixture into an oiled muffin pan. Bake at 350 F for 45 minutes or until top is light brown. Remove muffins from the pan and cool on a cake rack. Makes 12 muffins.

Blueberry Muffins

(wheat, gluten, dairy, egg, and yeast free)

2 cups brown rice flour

1 cup tapioca flour

2 tablespoons potato starch flour

2 tablespoons baking powder (non-aluminum)

3 tablespoons fructose or 3/16 teaspoon Stevia powder

1 teaspoon xanthan gum

1/2 teaspoon agar agar

1/2 teaspoon sea salt

1-3/4 cups rice milk or water or organic cow's milk

2 tablespoons cold pressed sunflower oil

1 teaspoon vanilla flavor (non-alcoholic)

1 cup blueberries or other fruit

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add the milk while mixing. Add canola oil and vanilla. Add blueberries. Spoon mixture into an oiled muffin pan. Bake at 350 F for 40 minutes or until top is light brown. Remove muffins from the pan and cool on a cake rack. Makes 9 muffins. Add a little water to the unused muffin spaces.

Brown Rice Bread

(wheat, gluten, dairy, egg, and yeast free)

2 cups brown rice flour

1 cup tapioca flour

2 tablespoons potato starch flour

2 tablespoons baking powder (non-aluminum)

2 tablespoons fructose or 1/8 teaspoon Stevia powder

2 teaspoons xanthan gum

1 teaspoon agar agar

1/2 teaspoon sea salt

1-1/4 cups rice milk or water or organic cow's milk

1 tablespoon cold pressed olive oil

Preheat oven to 350 F

Mix dry ingredients with dough hooks. Slowly add the milk while kneading. Add olive oil. Dough will be slightly sticky. Press into an oiled loaf pan with a lightly oiled spatula. Bake at 350 F for 60 minutes or until top is medium brown. Remove from the pan and cool on a cake rack.

Variations, add 2 teaspoons of Italian seasoning or other seasoning to your taste.

Brown Rice Focaccia Bread

(wheat, gluten, dairy, egg, and yeast free)

1 cup brown rice flour

1/2 cup tapioca flour

1 tablespoon potato starch flour

1 tablespoon baking powder (non-aluminum)

1 tablespoon fructose or 1/16 teaspoon Stevia powder

1 teaspoon xanthan gum

1/2 teaspoon agar agar

1/4 teaspoon sea salt

3/4 cup rice milk or water or organic cow's milk

1/2 tablespoon cold pressed olive oil

2 cloves garlic, pressed

Preheat oven to 400 F

Mix dry ingredients with dough hooks. Slowly add the milk while kneading. Add olive oil. Dough will be slightly sticky. Press into an oiled 8-inch baking pan with a lightly oiled spatula. Brush top with olive oil. Add garlic, salt, pepper, oregano, fresh basil, thinly sliced tomato. Bake at 400 F for 25 minutes or until crust is medium brown. Remove from the pan and cool on a cake rack.

Corn Muffins

(wheat, gluten, dairy, egg, and yeast free)

2 cups yellow corn meal

1/2 cup brown rice flour

1/2 cup tapioca flour

2 tablespoons potato starch flour

2 tablespoons baking powder (non-aluminum)

3 tablespoons fructose or 3/16 teaspoon Stevia powder

1 teaspoon xanthan gum

1/2 teaspoon agar agar

1/2 teaspoon sea salt

1-3/4 cups rice milk or water or organic cow's milk

2 tablespoons cold pressed sunflower oil

1 teaspoon vanilla flavor (non-alcoholic)

1 cup corn kernels (optional)

Preheat oven to 350 F

Mix dry ingredients with electric mixer. Slowly add the milk while mixing. Add canola oil and vanilla. Add optional corn kernels. Spoon mixture into an oiled muffin pan. Bake at 350 F for 40 minutes or until top is light brown. Remove muffins from the pan and cool on a cake rack. Makes 9 muffins. Add a little water to the unused muffin spaces.