

Black Forest Bread

MAKES 1 LOAF

The chocolate lends a dark color to this bread but doesn't overpower its flavor. For true Black Forest flavor, add ½ cup chopped cherries to the batter during final mixing. Recipe created by Rebecca Reilly.

- 2½ cups gluten-free high-protein flour blend (page 62)
 - ½ cup coconut flour
 - ½ cup unsweetened cocoa powder
 - ¼ cup sugar
 - ¾ teaspoon salt
 - 1 tablespoon xanthan gum
 - 2 packages instant dry yeast
 - 3 tablespoons butter or organic coconut oil, cut in pieces
 - 1 cup warm water plus 1-2 tablespoons
 - 1 teaspoon vinegar
 - 3 large eggs, room temperature
 - 1 teaspoon vanilla extract or ½ teaspoon almond extract, optional
- Rice flour or cornmeal for dusting

1. Preheat oven to 375 degrees. Lightly grease a 9x4-inch bread pan and sprinkle with cornmeal or rice flour.

2. Combine flour blend, coconut flour, cocoa powder, sugar, salt and xanthan gum in a mixing bowl until well blended. Using the beater/paddle attachment, mix in the yeast. Then mix in the butter or coconut oil.

3. In a separate bowl, whisk together 1 cup warm water (110 to 120 degrees), vinegar, eggs and vanilla.

4. Pour wet ingredients into dry ingredients. Mix together on medium speed until everything is well blended. If the batter seems too dry, add 1 tablespoon water at a time. Beat on medium-high speed for 5 minutes.

5. Spoon the dough into the prepared pan only half full. Spray the top of dough with baking spray. Use the back of a spoon to smooth the top. Spray a piece of plastic wrap and loosely cover the bread. Place pan in a warm, draft-free place for 30 minutes or until the dough reaches just a ¼ inch from the top of the pan.

6. Bake bread in preheated oven on the middle rack for 35 to 45 minutes. Bread is done when its internal temperature reaches 200 degrees and its bottom sounds hollow when tapped. Remove bread from the pan and cool on a rack.

Each slice contains:

250 calories, 7g total fat, 2g saturated fat, 0g trans fat, 63mg cholesterol, 43g carbohydrate, 239mg sodium, 5g fiber, 7g protein (analysis includes cherries)

GLUTEN-FREE FLOUR SUBSTITUTIONS

To make a flour blend, thoroughly combine all ingredients. Store in a covered container in the refrigerator until used. You can double or triple these recipes to make as much flour mix as you need.

All-Purpose Flour Blend

Use this blend for all your gluten-free baking.

- ½ cup rice flour
- ¼ cup tapioca starch/flour
- ¼ cup cornstarch or potato starch

Each cup contains:

436 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 99g carbohydrate, 3mg sodium, 2g fiber, 5g protein

High-Fiber Blend

This high-fiber blend works for breads, pancakes, snack bars and cookies that contain chocolate, warm spices, raisins or other fruits. It is not suited to delicately flavored recipes, such as sugar cookies, crepes, cream puffs, birthday cakes or cupcakes.

- 1 cup brown rice flour or sorghum flour
- ½ cup teff flour (preferably light)
- ½ cup millet flour or Montana® flour
- ⅔ cup tapioca starch/flour
- ⅓ cup cornstarch or potato starch

Each cup contains:

426 calories, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 94g carbohydrate, 9mg sodium, 6g fiber, 7g protein

High-Protein Flour Blend

This nutritious blend works best in baked goods that require elasticity, such as wraps and pie crusts.

- 1 ¼ cups bean flour (your choice), chickpea flour or soy flour
- 1 cup arrowroot starch, cornstarch or potato starch
- 1 cup tapioca starch/flour
- 1 cup white or brown rice flour

Each cup contains:

588 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 128g carbohydrate, 24mg sodium, 6g fiber, 11g protein

Self-Rising Flour Blend

Use this blend for muffins, scones, cakes, cupcakes or any recipe that uses baking powder for leavening.

- 1 ¼ cups white sorghum flour
- 1 ¼ cups white rice flour
- ½ cup tapioca starch/flour
- 2 teaspoons xanthan or guar gum
- 4 teaspoons baking powder
- ½ teaspoon salt

Each cup contains:

514 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 113g carbohydrate, 1163mg sodium, 8g fiber, 10g protein