

Better Vegan Grain-Free Gluten-Free Bread

Source: Better Vegan Category: Vegan Baked Goods
Prep Time: 15 min Cook Time: 70-80 min Total Time: 85-95 min
Makes 1 loaf

Ingredients:

2/3 cup zucchini puree (see note)
1 1/2 Tbs raw apple cider vinegar
3/4 cup vegetable broth or stock
1/2 cup smooth natural almond butter (see note)
5 drops plain pure liquid stevia (optional)
3 Tbs finely ground flaxseeds
3 Tbs whole psyllium husks (not powder)
1 cup plus 1 Tbs raw hemp seeds
2 1/2 tsp baking powder
1 1/4 tsp baking soda
1/4 to 1/2 tsp pink Himalayan sea salt
2/3 cup almond flour

Instructions:

1. Preheat the oven to 325 degrees F.
2. In a medium-size bowl, whisk together the zucchini, vinegar, broth, almond butter, and stevia. Set aside.
3. In the bowl of a food processor, blend the flax, psyllium, hemp seeds, baking powder, baking soda, salt, and almond flour until the mixture resembles a powder. There should be no pieces larger than a bread crumb.
4. Combine the liquid ingredients with the dry ones and mix thoroughly to combine, but *do not overmix*. The mixture may begin to fizz and expand a bit.
5. Immediately transfer to the 8" non-stick loaf pan and very gently smooth the top. Allow to sit undisturbed for 5 minutes.
6. After 5 minutes, bake the loaf for 70 to 80 minutes, rotating the pan about halfway through, until a tester inserted in the middle comes out clean and the top is very well browned. Let cool completely before removing from the pan and slicing. May be frozen.



Ctrl+P to Print

Recipe Link:

<https://www.betterveganrecipes.com/grain-free-gluten-free-bread>

Notes:

To make zucchini puree, peel and seed the zucchini, finely dice and process in a food processor until the puree consistency is achieved. You may have to add a little bit of water to make that happen.

I make my own almond butter, but if you use the purchased one, try to find raw organic almond butter with no added sugar.

Equipment needed:

Food processor

Non-stick 8" loaf pan