

Gluten Free Honey Bread

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Ingredients

1 3/4 cups all-purpose gluten free flour
6 tablespoons cornstarch
1 teaspoon xanthan gum (omit if your blend already contains it)
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
3/4 teaspoon kosher salt
1/2 cup granulated sugar
6 tablespoons virgin coconut oil, melted and cooled (can use vegetable shortening, melted and cooled, or unsalted butter at room temperature)
1/2 cup honey
1 teaspoon pure vanilla extract
1/2 cup milk, at room temperature (any kind)
3 tablespoons plain yogurt or sour cream, at room temperature
3 eggs at room temperature, beaten

Directions

Preheat your oven to 350°F. Grease well a standard 9-inch by 5-inch loaf pan and set it aside.

In the bowl of a stand mixer (or a large bowl with a hand mixer), place the flour blend, cornstarch, xanthan gum, baking powder, baking soda, salt and sugar, and whisk to combine well with a separate, handheld whisk. Create a well in the center of the dry ingredients, and add the coconut oil. Mix on medium speed to combine with the paddle attachment (or your handheld mixer). Add the honey, vanilla, milk, yogurt and eggs, mixing to combine after each addition. The batter will be smooth and thickly pourable. Transfer the batter to the prepared baking pan and shake it back and forth to smooth it into an even layer.

Place the pan in the center of the preheated oven and bake for 45 minutes. Cover the loaf loosely with aluminum foil, and continue to bake until the top of the loaf springs back when pressed lightly and a toothpick inserted in the center comes out with, at most, a few moist crumbs attached (about another 10 minutes but begin to test after 5 minutes by pressing lightly on the top of the loaf). Remove from the oven and allow to cool in the loaf pan for 15 minutes before transferring to a wire rack to cool completely.

Slice and serve with a bit of butter and a light drizzle of honey.