

Sprouted Brown Rice Bread (Gluten Free/Yeast Free)

Number of Servings: 8

Prep Time: 10 minutes

Cook Time: 60 minutes

Ingredients

Dry Ingredients:

3 cups sprouted brown rice flour

¾ cup arrowroot powder

1 ½ teaspoons baking powder

¾ teaspoon baking soda

¾ teaspoon sea salt

Wet Ingredients:

2 cups plain organic kefir (cow, goat, or coconut)

3 large organic eggs

1 tablespoon maple syrup (optional)

Instructions

Preheat oven to 350 degrees. Oil a glass bread loaf pan (8 x 4-inches).

In a large bowl, whisk together the dry ingredients. Add the wet ingredients and mix together with a wooden spoon until completely incorporated. Pour batter into oiled bread pan.

Bake for approximately 60 minutes. Cool for about 20 minutes, then release bread from the pan, place onto a wire rack and cool completely before slicing. Source: www.NourishingMeals.com