



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## Gluten Free Golden Spiced Bread

Adapted from [aplumbyanyother.com](http://aplumbyanyother.com)

2 tbsp olive oil (plus more for greasing)  
4 whole eggs  
¼ cup maple syrup  
2 tsp vanilla extract  
½ cup plus 1 tbsp rice flour, divided  
3 tbsp potato starch flour  
1 tbsp tapioca flour  
½ cup buckwheat (or gluten free oat) flour  
½ tsp salt  
1 tbsp ground turmeric  
½ tsp ground cinnamon  
½ tsp ground ginger  
¼ tsp ground black pepper  
1 tsp ground coriander  
¾ cup milk (cow's milk, almond, etc.)  
1 tsp baking soda  
1 tbsp apple cider vinegar  
2 tbsp lemon juice  
½ cup chopped nuts (e.g. walnuts)  
½ cup dried berries (e.g. cranberries)

### Instructions:

Set the oven to 350 degrees.

Grease a standard loaf pan (9 x 5-inch) with oil. Line with a strip of parchment paper over the width of the pan, so that the parchment will hang over the sides; grease the paper with oil.

In a medium bowl, whisk together eggs, maple syrup, vanilla, and oil; set aside.

In a large bowl, sift together ½ cup rice flour, potato starch, tapioca, buckwheat (or oat) flour, salt, and spices; set aside.

In a measuring cup, combine milk, baking soda, vinegar, and lemon juice; whisk to combine.

Pour the wet ingredients (both the egg and the milk mixture) into the dry ingredients and whisk until just combined. The liquid will be the consistency of pancake batter.

Pour the batter into your prepared loaf pan and bake for 40 to 50 minutes or until golden brown.

(The loaf is done when the top is firm and springy to the touch—because you are using gluten-free flours a toothpick is not a reliable indicator of doneness.)

**Yield:** 6 slices

### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 300 calories

**PROTEIN:** 8 g

**SODIUM:** 480 mg

**CARBOHYDRATE:** 39 g

**FIBER:** 3 g

**FAT:** 13 g

**Sat Fat:** 2 g