

How to Make the Best Gluten-Free Sandwich Bread

Easy gluten-free sandwich. Makes a loaf that's tender and tasty!

Prep Time 1 hour 30 minutes

Cook Time 45 minutes

Total Time 2 hours 15 minutes

Servings 12 slices

Calories 129 kcal

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Ingredients

- 3/4 cup warm water, about 110° F (6 ounces; 170 grams)
- 1 packet instant/rapid rise yeast (2 1/4 teaspoons; 7 grams)
- 1 1/2 cups millet flour (6 ounces; 170 grams)
- 1 cup tapioca starch (4 ounces; 113 grams)
- 2 tablespoons granulated sugar (1 ounce; 28 grams)
- 2 teaspoons xanthan gum
- 1 teaspoon table salt (not Kosher salt)
- 1/2 teaspoon baking powder
- 3 large eggs , whisked (about 5 ounces; 150 grams total, out of shell)
- 2 tablespoons olive or vegetable oil
- 1 teaspoon apple cider vinegar
- *if desired , replace the eggs with 3 large egg whites.

Instructions

1. Whisk together water and yeast in a small bowl. Allow to stand for five minutes.
2. In the bowl of a stand mixer, combine millet flour, tapioca starch, granulated sugar, xanthan gum, salt, and baking powder. Whisk to combine. Fit the stand mixer with the flat paddle attachment. Add the yeast mixture, eggs, oil, and vinegar. Mix on medium speed until smooth. Dough will be thin.
3. Spray an 8-1/2" by 4-1/2" by 2-3/4" loaf pan with nonstick cooking spray. Spread dough evenly into the pan. Spray a piece of plastic wrap with nonstick cooking spray and place plastic wrap loosely on the pan. Allow dough to double in size. This takes about one hour.
4. When dough has doubled in size, preheat oven to 350°F. Remove plastic wrap from the top of the pan.
5. Bake until the internal temperature of the bread reaches 210°F, about 45 minutes. (If the crust gets too dark before the internal temperature reaches 210°F, place a piece of foil onto the bread. This prevents the crust from burning.)
6. Remove bread from the oven and allow to cool for two minutes. Transfer bread to a wire cooling rack to cool completely.
7. When cool, slice into pieces with a serrated knife.
8. Store bread on the counter for up to three days or freeze sliced bread, wrapped in freezer wrap with waxed paper between each slice, and placed into a freezer container, for up to six weeks.

Recipe Notes

This easy recipe for gluten-free sandwich bread contains no corn, dairy, or soy. Be sure to use an 8-1/2" by 4-1/2" by 2-3/4" pan like this one by [Chicago Metallic](#). If you don't have this pan, use a 9x5-inch pan. Bread baked in a 9x5-inch pan will bake up shorter than bread baked in an 8 1/2 x 4 1/2-inch pan.