

The Natural Healing Center



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Gluten Free Irish Soda Bread

Ingredients:

- 2 cups gluten-free all purpose flour mix (Bob's Red Mill Pizza Crust Mix with great results, do not use the packet of yeast that comes with it)
- 1/2 teaspoon salt
- 1 teaspoon gluten-free baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 tablespoon honey
- 1 tablespoon cold unsalted butter cut in small pieces
- 1/2 cup currants OR raisins
- 2 large, lightly beaten eggs
- 1 cup minus 1 tablespoon, canned coconut milk
- 1 tablespoon apple cider vinegar
- 1 tablespoon mayonnaise
- 2 teaspoons baking soda
- Extra gluten-free flour to shape dough
- Extra coconut milk to brush on loaf before baking

Preparation:

Preheat oven to 375° F

Line a small baking sheet with parchment paper or lightly grease.

Note: The key to preventing stickiness while shaping the bread loaf is to liberally flour a large cutting board (work surface) with gluten-free flour mix or white rice flour. Keep hands and loaf lightly floured while shaping!

1. Sift all dry ingredients EXCEPT baking soda. Pour into a medium mixing bowl.
2. Use hands to work cold butter into flour mixture. Add currants.
3. Add cider vinegar to coconut milk and pour into dry ingredients. Mix with an electric mixer to thoroughly blend.
4. Add mayonnaise and lightly beaten eggs and mix just until combined. Add baking soda and mix to combine.
5. Turn the thick, sticky batter onto a floured cutting board and shape the loaf into a round ball, about 6 inches in diameter.
6. Use a sharp knife to cut an "X" on the top of loaf.
7. Brush with coconut milk and allow to rest for 10 minutes. Brush with coconut milk again.
8. Bake in preheated oven for 35 to 45 minutes or until the loaf is golden and done.
9. Serve warm