

Options Naturopathic Clinic would like to thank Bob Fleischhacker, for his contribution of the following recipe, adapted From Bette Hagman's book, The Gluten Free Gourmet Bakes Bread, Henry Holt & Co., LLC. 1999.

#### Four Flour Bean Mix

Makes a 12 cup supply, ready at any time.

Garfava bean flour (2/3 part)	2 2/3 cups
Sorghum flour (1/3 part)	1 1/3 cups
Arrow Root flour (1 part)	4 cups
Tapioca Flour (1 part)	4 cups

Combine flours and mix well. Store in an air tight container.

Garfava, sorghum, arrow root and tapioca flours can be purchased at Wild Oats. Some bulk food stores in Amish communities, such as Middlefield and Berlin, OH have cornstarch in bulk. The store in Berlin has tapioca starch reasonably priced and can be used successfully. Tapioca pearls can be ground into flour using a Vita-Mix machine.

#### Oregon Bread- GLUTEN FREE AND VEGAN!

##### Dry Ingredients:

Four flour bean mix	2 1/2 cups
Salt	1/2 + teaspoon
Unflavored gelatin	1 1/2+ teaspoons
Brown sugar or any sweetener	1 1/2 tbs
Chopped hazelnuts	1/2 cup (optional)
Sesame seeds	1 tbs (optional)
Poppy seeds	1 teaspoon (optional)
Flax seeds	1 teaspoon (optional)
Raisins	1/2 cup (optional)
Dry yeast granules	2 1/2 teaspoons (proof in 1 _ cups warm water 5 minutes)

##### Wet Ingredients:

Honey	3 tbs
Olive Oil	3 tbs
Vinegar	1/2 tbs
Water	1 1/2 cups with water, add as needed

Spray pan with vegetable spray. Proof yeast in warm water while combining dry ingredients. Add olive oil, honey, vinegar and proofed yeast to a large mixing bowl. With mixer turned to low, spoon in dry ingredients. Check to see if more water is needed. Beat on high speed for 3 \_ minutes. Dough will thicken slightly while beating and should resemble cake batter. Pour the batter into a pan and cover and let rise about 25 minutes in a warm location. Dough should come to top of pan or slightly above before placing in over. Bake at 400 for fifteen minutes, then cover with foil and bake another 50 minutes. Bread can be tested with toothpick for doneness; crust should be crisp when tapped with fingernail. Turn the bread out of the pan for cooling and cool completely before slicing or storing.

Observations: If the dough is too moist, it will rise too much while baking, causing it to overflow and have large holes in the center. For best results, the bread should rise about an inch while baking. This is the trickiest part.

If the bread is cut before it is completely cool, it may still be gummy inside. Refrigerate it after a day or two in the summer, because it will mold easier than wheat bread.

Using bread machines for this bread, including one with a “no gluten” setting, have not been successful.