

Gluten-Free Sourdough Bread (Honey Whole Grain) ★★★★★

5 from 9 votes

This is hands down the BEST gluten-free sourdough bread! It is soft, fluffy and full of gluten-free whole grains that nourish the body. The honey adds just a touch of sweetness that make this bread perfect for everything from sandwiches to gluten-free French toast!

Prep Time
7 hrs 30 mins

Cook Time
1 hr

Total Time
8 hrs 30 mins

Course: Bread Cuisine: American Keyword: bread, gluten-free, sourdough

Servings: 12 slices Calories: 389kcal Cost: \$8

Ingredients

- 2 tbsp milled chia mixed with 1/3 C warm water
- 2 C certified gluten-free oat flour
- 1 C white rice flour
- 1 C potato starch
- 3/4 C tapioca starch
- 1/3 C brown rice flour
- 1/4 C sorghum flour
- 1 tsp Xanthan gum
- 1 tsp salt
- 2 tsp baking powder
- 2 tbsp buttermilk powder
- 2 tbsp psyllium husk powder
- 4 eggs, large
- 1/2 C melted butter
- 1 C lukewarm milk (coconut milk works!)
- 1/4 C honey
- 1 tbsp apple cider vinegar
- 1 C live gluten-free sourdough starter

Instructions

1. Using a sturdy mixer (we used our Bosch mixer, combine all dry ingredients from oat flour to psyllium husk powder
2. Add the eggs, milk, honey and vinegar and mix until combined
3. Add the butter, Chia seeds and sourdough starter making sure to scrape down the sides as needed. Mix for an additional 3 to 4 minutes. Dough will be thick but still sticky. Cover and let rest for 2 hours

4. Grease a loaf pan liberally with oil then transfer the dough into the pan. Use your hands or a spatula to smooth the top and edges. Place the dough in a warm place and let rise for 5 to 6 hours until the dough is about 2 inches above the pan
5. Heat oven to 350°. Brush loaf top with beaten egg (ONLY IF YOU WANT A CRISP TOP!) & sprinkle w/ GF oats & coarse sea salt. Bake for 60 to 70 minutes.
6. Cool bread on a wire rack for 10 minutes before removing from pan. The bottom of the bread will sound hollow when you tap it. Let bread cool as long as you can handle (preferably 1 hour, I know, sorry) before slicing and enjoying

Nutrition

Serving: 1 slice | Calories: 389kcal | Carbohydrates: 61g | Protein: 9g | Fat: 13g | Saturated Fat: 6g | Cholesterol: 78mg | Sodium: 316mg | Potassium: 380mg | Fiber: 5g | Sugar: 8g | Vitamin A: 349IU | Vitamin C: 1mg | Calcium: 108mg | Iron: 2mg

Ingredients

- 2 1/2 cups milled chickpea flour (1 1/2 cups warm water)
- 1/2 cup certified gluten-free oat flour
- 1/2 cup white rice flour
- 1/2 cup potato starch
- 1/4 cup tapioca starch
- 1/3 cup brown rice flour
- 1/4 cup sorghum flour
- 1 tsp Xanthan gum
- 1 tsp salt
- 2 tsp baking powder
- 2 tsp buttermilk powder
- 2 tsp psyllium husk powder
- 4 eggs, large
- 1/2 cup melted butter
- 1/2 cup lukewarm milk (coconut milk works!)
- 1/4 cup honey
- 1 tsp apple cider vinegar
- 1 cup live gluten-free sourdough starter

Instructions

1. In a large bowl, combine all dry ingredients from our flour...
2. Add the wet ingredients (milk, honey, and vinegar) and mix until combined...
3. Add the sourdough starter and mix until the dough is thick and sticky...
4. Let the dough rise in a warm place for 5 to 6 hours...
5. Preheat the oven to 350°F and grease a loaf pan with oil...
6. Transfer the dough to the loaf pan and smooth the top and edges...
7. Brush the top of the loaf with beaten egg and sprinkle with GF oats and coarse sea salt...
8. Bake for 60 to 70 minutes...
9. Cool the bread on a wire rack for 10 minutes before removing from the pan...
10. Let the bread cool for at least 1 hour before slicing and enjoying.