

Gluten-Free Communion Bread



1 cup G-F flour (I use a maize/tapioca/rice blend)

pinch of salt

2 tablespoons shortening (I use vegetable oil or olive oil)

1/4 teaspoon guar gum or xanthan gum (optional: may improve texture)

Stir together and add enough water to make a good dough. Roll out into a thin circle on a greased baking tray. Cut lightly into squares with a pizza cutter or knife so it will break easily. Bake at 350F (175C) about 5-7 minutes until it is cooked through. The GF flour won't turn brown. When cool break into pieces. This should be used fresh and gets too chewy when frozen and thawed.

“Gluten Free” means it has no wheat, rye, barley, or oats. Other allergies? Plain rice flour does not make a nice bread. It's tasteless and too chewy. Try a combination of at least two gluten-free flours like maize, rice, soy or tapioca flours.

This recipe can be used with regular flour for a communion bread that is not gluten-free.

Matzenbrot

Als fertige Alternative gibt es auch glutenfrei - im Internet zu beziehen. Zum Beispiel:

