

# Gluten Free Flat Bread

Delicious fresh out the oven or the fridge.

## Categories

Gluten-free

Yields: 6 servings

Preparation time: 10 mins

Cooking time: 15 mins

Category: Snacks and breads

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Baking yeast, active dry	1 tablespoon
Water	1.75 cup
Coconut sugar, coconut	3 x 1 tsp
Gluten free all-purpose flour	3.5 cup
Premium guar gum	3 x 1 tbsp
Salt, sea salt	0.5 teaspoon
Olive oil	2 tablespoons

## Instructions

1. Combine yeast, 1/4 cup of lukewarm water and coconut sugar in a bowl and allow to activate for about 10 minutes.
2. In a large bowl combine gluten free flour (I prefer Bob's Red Mill Gluten Free all Purpose Flour), guar gum and sea salt.
3. In a separate bowl combine the activated yeast solution with 1 3/4 cups lukewarm water and olive oil.
4. Mix the wet ingredients into the dry ingredients until fully incorporated, transfer to a clean greased bowl (use a bit of olive oil), cover bowl with plastic wrap and allow to rise for 20 minutes.
5. Form into desired size buns, place on well greased baking sheet or baking paper and allow to rise for 20 minutes.

Bake at 450 degrees Fahrenheit for 15 minutes.