

Shopping List

Bulk

- Tapioca Flour (1/3 c)
- Arrowroot Powder (1/3 c)
- Xanthan Gum (3/4 – 1 tsp)
- Baking Soda (3/4 tsp)
- Sea Salt (3/4 tsp)
- Extra Virgin Olive Oil (1/4 c)
- Honey (2 Tbs)
- Apple Cider Vinegar (2 Tbs)

Grocery

- Teff Flour (1/2 c)
- Sorghum Flour (1 c)

Optional: Sesame Seeds, Rosemary, chopped garlic, kalamata olives, sun-dried tomatoes, other fresh herbs



Check out our recipe blog at
www.communityfoodcoop.wordpress.com
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Source:
www.nourishingmeals.com

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Gluten-free Flatbread



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Gluten-free Flatbread

INGREDIENTS

1 c sorghum flour

½ c teff flour

⅓ c tapioca flour

⅓ c arrowroot powder

¾ t xanthan gum

¾ t baking soda

¾ t sea salt

1 c warm water

¼ c extra virgin olive oil

2 T honey

2 T apple cider vinegar

sesame seeds or dried rosemary for sprinkling on top

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Oil a 9 x 13-inch pan with about 2 to 3 tablespoons olive oil.
3. In a medium-sized mixing bowl whisk together the flours, xanthan gum, baking soda, and salt.
4. In a smaller separate bowl whisk together the warm water, olive oil, honey, and vinegar.
5. Pour the wet ingredients into the dry and whisk together vigorously until thickened and smooth.
6. Spoon batter into oiled pan. Oil your hands and gently press and move the dough to the edges of the pan (dough will be sticky). Make sure it is evenly spread. Put more oil on your hands if needed.
7. Prick the dough with a fork about a dozen times (this is optional, if you don't do it you will have a few more air bubbles in the bread).
8. Bake for 20 to 30 minutes. Remove from oven, let cool slightly, and then cut into squares and serve.

Serving Suggestion (from front photo):

Delice de Saligny Triple Cream French Cheese and Roasted Figs

****Notes from the recipe author:** I initially made this recipe with 1 teaspoon xanthan gum, but since I like to use as little as possible, I tried it with less. It still worked great but may dry out faster with less xanthan. You can be the judge and use the amount you would like (¾ to 1 teaspoon).

Source: www.nourishingmeals.com



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