



Gluten-free

Italian Parmesan Bread

Recipe from The Flour Farm

Ingredients



- ½ cup + 2 T. warm water
- 1 T. honey or cane sugar
- 2 ¼ t. of active or rapid rise yeast (1 package)
- 2 large egg whites
- 1 t. apple cider vinegar
- 1 T. Avocado oil or your choice
- 2 cups + 1 T. flour farm bread mix
- ¾ t. pink salt
- ½ t. aluminum free baking powder
- 1/8 t. vitamin C powder-optional
- 2 t. acacia powder
- 1 cup of water ready

Directions



1. Dissolve honey in warm water and then add the yeast and gently stir. Preheat oven to 400 degrees.
2. In a small bowl add egg whites, oil and vinegar. Whisk until bubbles form and the mixture appears frothy.
3. In the stand-up mixer bowl, whisk together the dry ingredients. Attach the bowl to the mixer and turn on.
4. Put the mixer on low and add the egg mix. Follow with the yeast mix and turn the mixer to medium-high and blend for a minute.
5. Turn the mixer off and spoon the dough into wells of a prepared baguette pan.
6. Score the dough and allow it to rise for 20 minutes
7. Place the pan in the center of the preheated oven. Have a shallow pan on the bottom rack with one cup of water to produce steam. Bake for about 25 minutes, checking on the bread at 20 for browning.
8. Remove from the oven and place on a cooling rack for about 5 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Gluten-free

Italian Parmesan Bread

Recipe from The Flour Farm

Ingredients



- ½ cup + 2 T. warm water
- 1 T. honey or cane sugar
- 2 ¼ t. of active or rapid rise yeast (1 package)
- 2 large egg whites
- 1 t. apple cider vinegar
- 1 T. Avocado oil or your choice
- 2 cups + 1 T. flour farm bread mix
- ¾ t. pink salt
- ½ t. aluminum free baking powder
- 1/8 t. vitamin C powder-optional
- 2 t. acacia powder
- 1 cup of water ready

Directions



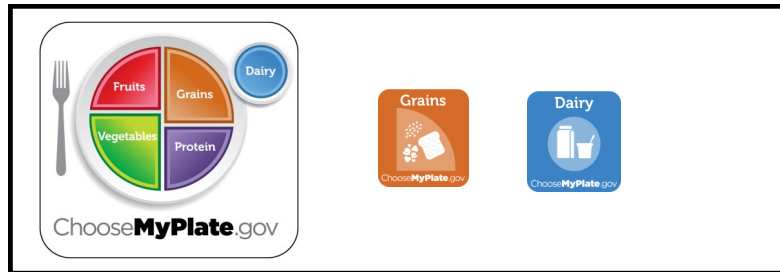
1. Dissolve honey in warm water and then add the yeast and gently stir. Preheat oven to 400 degrees.
2. In a small bowl add egg whites, oil and vinegar. Whisk until bubbles form and the mixture appears frothy.
3. In the stand-up mixer bowl, whisk together the dry ingredients. Attach the bowl to the mixer and turn on.
4. Put the mixer on low and add the egg mix. Follow with the yeast mix and turn the mixer to medium-high and blend for a minute.
5. Turn the mixer off and spoon the dough into wells of a prepared baguette pan.
6. Score the dough and allow it to rise for 20 minutes
7. Place the pan in the center of the preheated oven. Have a shallow pan on the bottom rack with one cup of water to produce steam. Bake for about 25 minutes, checking on the bread at 20 for browning.
8. Remove from the oven and place on a cooling rack for about 5 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts

Featured Food Groups



Cooking Tips



Before you dive in prep:

- Bring eggs to room temperature
- Make bread mix ahead of time
- Warm water to just above room temperature

Second Harvest is an equal opportunity provider.



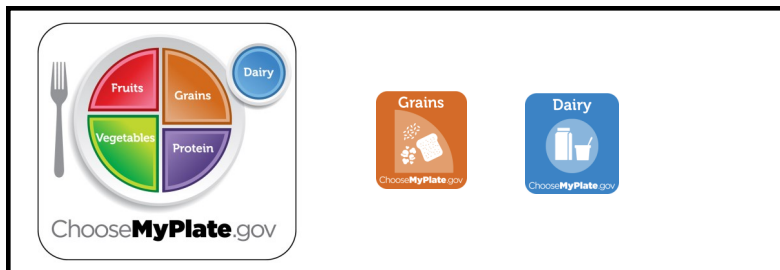
Nutrition Facts

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fast Facts

Featured Food Groups



Cooking Tips



Before you dive in prep:

- Bring eggs to room temperature
- Make bread mix ahead of time
- Warm water to just above room temperature

Second Harvest is an equal opportunity provider.



Nutrition Facts

Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	