A woman with her hair in a bun, wearing a brown t-shirt, is smiling and spreading butter on two loaves of bread. The bread is on a metal cooling rack. The background shows a kitchen with pendant lights and a counter.

GLUTEN FREE

BREAD

HACKS

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CHAPTER

01

PSYLLIUM HUSK

using PSYLLIUM HUSK

HUSK VS. POWDER

For the record, I prefer to use psyllium husk whole vs. using psyllium husk powder.

[watch how I mix it here!](#)



The powder is going to be more finely broken down, so if you're using a recipe that calls for whole husk, you will decrease the amount needed to about 80-85% of what the whole husk recipe calls for.

A good rule of thumb:

1 CUP OF HUSK = .85 CUPS OF POWDER



A close-up photograph of several round, golden-brown bread rolls arranged on a parchment-lined metal baking tray. The rolls have a slightly textured surface and are scattered with small dark specks, possibly seeds or spices. The lighting is warm, highlighting the texture of the bread. The text is overlaid in the center of the image.

CHAPTER

02

**GETTING
BREAD
TO RISE**

getting

BREAD TO RISE

PROOFING

Understanding what goes into getting bread to proof will help you make better bread!

The warmer the environment, the better your bread will proof. The sweet spot is 72-80 degrees. For this reason, in the winter, I will set an oven to 100 degrees and turn it off allowing the bread to proof in a warmer space. You can also do this with your yeast to activate it before adding it to the other ingredients.


Dough fermentation requires a relative humidity of at least 75%.

making a loaf:



oven proofing hack:



A close-up photograph of a stack of sliced bread on a wooden cutting board. The bread is cut into thick slices, showing a golden-brown crust and a soft, porous interior. The stack is arranged in a slightly overlapping manner, with the top slice being the most prominent. The background is a plain, light-colored surface, possibly a countertop or wall, which is slightly out of focus. The overall lighting is warm and natural, highlighting the texture of the bread and the grain of the wood.

CHAPTER

03

**STORING
BREAD
PROPERLY**

BREAD PROPERLY

STORAGE

Counter: Fresh gluten free bread can be stored in a bread box on the counter for 3 days. This will keep it light, fluffy and fresh.

Fridge: After 3 days, move it to the fridge in an air tight container. Once in the fridge, the bread will get harder - but, it bounces back well when you heat it up (I usually toast it or heat at 350 for 7-10 minutes).

Freezer: You can also store the bread in the freezer. I suggest pre-slicing the bread first so that you can take individual slices out or have it ready when it thaws!





Gluten Free Bread Recipes

Needing tried and true gluten free bread recipes that will leave you saying “there’s NO WAY this is gluten free?”



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