

Folks around the New England Conference share their gluten-free, dairy-free recipes & product suggestions

Heather Bailes Baker

We use Scharr gluten free baguettes. The break nicely, can be bought in bulk, and taste good too. The only criticism I've heard is that they're more crumbly than the gluten full bread.

Meagan Manas

I used this bread with my church last summer, we've got a few folks with gluten or dairy allergies (and also soy!). It was pretty well received. I ended up playing a bit with the recipe, and almost halving the flaxseed meal, and increasing the almond and coconut flour to compensate. Increase the cinnamon and add salt! I had better success rolling it out (using coconut flour to dust the rolling pin) and found that thinner (more toward 1 cm) was better than thicker. It does taste best warm!

GLUTEN-FREE, DAIRY-FREE FLATBREAD

This little recipe is AWESOME! It has a great consistency, nutty flavor, is full of nutrients, and oh so simple to make. This bread is a staple in my diet and I love to put honey or jelly on it.

INGREDIENTS:

- 3/4 cup chia meal
- 1 cup water + 1/4 cup water
- 2 tbs honey
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 2 cups flax meal
- 3 tbs coconut flour
- 3 tbs almond flour
- 1 tsp baking powder

Preheat oven to 350 degrees F.

Mix chia meal and 1 cup water until it forms into a thick mixture. Heat remaining 1/4 cup water to near boiling. Stir honey, vanilla, and cinnamon into the hot water until all of the honey dissolves. Add honey/vanilla/cinnamon water to the chia mixture. Stir it in a little bit. Add the remaining ingredients and stir until you have a nice ball of dough.

Line a large cookie sheet with parchment paper. Spread dough onto parchment paper with a rubber spatula until it is evenly and approximately 1-2cm thick. Cut off any extra parchment paper hanging off the edge of the cookie sheet.

Bake 40-50 minutes until cooked through. Cool on a rack. Cut and enjoy.

Notes:

- This bread tastes great when toasted
- I like to use golden flax and white chia to achieve the golden color of the bread

Virg Fryer

Here is a gluten free option at:

<http://www.abigailsbakery.com/contact.php>

They have a list of where they see their fresh and delicious bread. They also have dinner rolls of this kind, for offering a choice at communion.

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Connie Linnell

My friend, Mona Russin, makes and sells her GF-DF multi-grain bread. Her version has garlic and Kalamata olives in it, but those can be left out, of course. She's not interested in sharing her recipe, but she is selling at several stores including the Upper Valley Co-op in White River Jct, VT. Her email address is feelnglutenfree@gmail.com

Kimberlee G. Burgess

[See PDF of recipe ideas](#)

Kathy Whitman

Just substitute Oat flour for the regular flour, it works.

Evelyn Laux

Our church provides both regular and gluten free bread on separate servers. That has always seemed to work well. I am allergic to nuts, and sometimes gluten free products are made with nut ingredients (flour, butter). I would have to be sure there are none, or skip Communion. Please consider this when sharing recipes.

Beth Yerger

This recipe is labor intensive and has a lot of ingredients, but it is very good.

<http://www.forkandbeans.com/2014/01/01/gluten-free-vegan-bread/>

Hope this helps!

Barb Lemmel

Here's a recipe I use to make gluten free communion bread for the Essex Center UMC. It's pretty reliable!

Some changes I make: I use a mix of whatever gluten free flours I have on hand (or just use Bobs Red Mill 1-to-1 gluten free flour); I often add extra xanthan gum; I rarely both to heat the milk, I just add it in. I've used buttermilk sometimes with good results (and taste!) The beating it for 5 minutes seems very key to getting a good texture. And I usually bake it in 8" or 9" round cake pans, so there is a higher crust to bread ratio - gluten free bread is notoriously crumbly, and having lots of crust helps it hold together. Especially for intinction.

[Link to recipe](#)

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Erin Langlois

Paleo Sandwich Bread gluten, dairy, and soy free

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Yield: 1 loaf (15 slices)

Serving Size: 1 slice

Calories per serving: 159

Fat per serving: 13.2

Ingredients

- 3/4 cup almond butter, smooth
- 6 pastured eggs
- 2 tbsp honey
- 1/4 cup coconut oil, melted
- 1/2 tsp apple cider vinegar
- 1/4 cup ground golden flax
- 3 tbsp coconut flour
- 1 tsp baking soda
- 1/2 tsp sea salt

Instructions

1. Preheat oven to 350°F. Line an 8 x 4" loaf pan with parchment, grease well with coconut oil.
2. In a large bowl, blend the almond butter, eggs, honey, coconut oil and apple cider vinegar with an immersion blender.
3. In a separate bowl, combine the flax, coconut flour, baking soda and sea salt. Mix the dry into the wet, pour into the greased and lined loaf pan and bake for 35-40 minutes.
4. Remove from oven and allow to cool in pan 10 minutes. Remove from pan by pulling up on the parchment. Set on wire rack to cool completely.
5. Store in an airtight container at room temperature for 3-4 days, in the fridge for 7-10 days or in the freezer for a month or so.

Notes

Many people have asked for nutrition information for this recipe. Based on slicing the loaf into 15 slices (the average number I got), each slice contains: 159 calories, 13.2 g fat (4.4 saturated), 65 mg cholesterol, 175 mg sodium, 6 g carbohydrates, 1.5 g fiber, 2.5 g sugars, 5.5 g protein

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Sweet Potato Bread

1 cup roasted sweet potato flesh (approximately 200 grams cooked weight)*
1 cup coconut flour
1 cup full fat Greek natural yoghurt or coconut yoghurt
1/4 cup maple syrup
6 eggs
1/2 teaspoon bicarb soda

Preheat your oven to 175°C or 350°F. Grease and line a loaf tin. Mine measures 19.5cm x 9.5cm.

Place the sweet potato, coconut flour, yoghurt, maple syrup and eggs into your processor and blend until the mixture resembles a smooth, runny batter. Add the bicarb soda and mix to combine. Pour the mixture into your prepared tin and bake for 45 – 50 minutes.

Remove from the oven and cool in the tin for 10 minutes before gently transferring to a cooling rack. Allow to cool completely prior to cutting.

Slice. Serve. Eat. Enjoy.

*I use the purple skin / white flesh sweet potato. I believe they are often called Japanese Sweet Potato or Japanese Yams.

Joann Field, Long Plain United Methodist Church, Acushnet.

My recipe is very simple: I use King Arthur Gluten-Free Bread and Pizza mix. I use butter when I make it and I tweak it a little besides. After you warm the milk mix in 3 tablespoons of Apple Cider vinegar, 2 tablespoons of sugar and a half teaspoon of yeast. Then follow directions.

Samantha Cowan shares a recipe from <https://gfcommunionbread.wordpress.com/> It is recommended that you leave the loaf in the refrigerator to cool before cutting it up and that it is best served cut up.