

Gluten Free Dairy Free Swedish "Rye" Bread

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-spice-bread-with-anise-and-fennel-recipe>

Ingredients:

- milk $\frac{3}{4}$ cup room temp., substitute of choice, rice, almond, etc. or water
- $\frac{1}{2}$ cup garbanzo or garfava flour
- $\frac{1}{4}$ cup sorghum flour
- 2 $\frac{1}{4}$ teaspoons dry active yeast
- 3 tablespoons molasses
- 1 teaspoon cider vinegar
- 2 eggs large room temperature
- 3 tablespoons gluten free margarine or non-hydrogenated shortening, I use organic palm oil
- $\frac{1}{2}$ cup corn starch or arrowroot
- $\frac{1}{2}$ cup potato starch
- $\frac{1}{2}$ cup tapioca starch
- $\frac{1}{4}$ cup packed brown sugar
- $\frac{1}{4}$ cup unsweetened cocoa powder sifted
- 1 tablespoon xanthan gum or guar gum
- 1 tablespoon orange zest fresh finely minced
- 1 teaspoon salt
- $\frac{3}{4}$ teaspoon anise seed ground
- $\frac{3}{4}$ teaspoon ground fennel seed
- $\frac{3}{4}$ teaspoon ground cumin
- 2 tablespoons milk more, substitute of choice

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 105 milligrams
4. Fat: 13 grams
5. Fiber: 8 grams

6. Protein: 9 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 820 milligrams
 9. Sugar: 20 grams
 10. TransFat: 1.5 grams
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