

GLUTEN-FREE MONKEY BREAD

from the kitchen of cheryl brodersen

ingredients

- 2 cups rice flour (white or brown)
- 1 cup tapioca flour
- 1 Tablespoon anthem gum
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 1/2 cups lukewarm water
- 1 1/2 Tablespoons quick rise yeast
- 2 Tablespoons sugar
- 2 Tablespoons oil (I use grapeseed oil)
- 3 egg whites
- 1 teaspoon apple cider vinegar

steps

1. Mix the dry ingredients together. Sprinkle yeast over warm water and let set for 5 minutes. Add the sugar and oil. In the meantime, blend vinegar and egg whites together before adding to yeast mixture. Make a well in the middle of dry ingredients and pour yeast mixture in. Stir together with a fork until it is completely mixed. Form 1 - 2 inch balls with the dough. This might require dusting your hands with extra rice flour.

ingredients

- 1/2 cup softened butter
- 1/2 cup brown sugar
- 1 teaspoon cinnamon (Mix these two to paste like consistency in a 9" round cake pan)
- 1 cup melted butter
- 1/2 cup white sugar
- 1 teaspoon cinnamon

steps

1. Place melted butter in a shallow bowl. In another shallow bowl combine white sugar and cinnamon. Dip the dough balls into the butter mixture, thoroughly coating each ball in butter. Then roll the balls in the cinnamon mixture. Make sure not to squeeze the balls. After dough ball is coated in sugar place it on top of the cinnamon paste mixture in the 9" pan. You should end up with two layers of dough balls in the pan. Pour any extra butter over the mixture. Cover with foil and place on cookie sheet. Bake at 400 degrees for 25 minutes. Remove foil and bake for another 10 minutes or until done. When it is done, invert the mix onto a plate making sure to get the gooey caramel mix from the pan evenly over all the balls. Serve immediately!