

Gluten Free Soft and Chewy Oat Baguette

Prep 15min | Cook time 50-70min



Ingredients

- 3 Tbsp psyllium husk powder (not seed or husk)
- 1 cup water
- ¾ cup non-dairy milk
- 2 Tbsp apple cider vinegar
- 2 Tbsp honey or maple syrup
- 2 Tbsp oil o your choice (coconut, olive, avocado etc.)
- 1 cup finely ground oats into a powder
- 1 cup rice flour
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ cup oats or oat flour for dusting on the top

Directions

Preheat the oven to 350 degrees. In a mixing bowl, whisk the psyllium husk powder, water, milk, and apple cider vinegar. Once it turns into a thick gelatinous mixture add the oil and honey. Next add all of the dry ingredients just until the dry ingredients are mixed in. If it is overmixed it will become very hard.

Lightly roll onto a floured surface and form into two small and narrow rolls. Dust the top with rolled oats or simply dust with oat flour (if dusting on oats you can slightly wet the top of the loaf to help them stick).

Bake on parchment paper or on a lightly oiled baking sheet for 50-70 min (this will change based on how wet your dough is and the type of flour you use).

Note: you can use all different types of flours or combinations of them; you do not need to use oat flour.