



## Brazilian Cheese Bread (Gluten Free)

With its six simple ingredients, gluten-free Brazilian Cheese Bread delivers abundant and powerful flavor in every single bite. Tapioca flour plays a key role. It's light and starchy, producing a bread that is crisp on the outside with airy pockets in the middle. This delectable bread is best when served hot directly from the oven.

### Recipe Time

Hands-on: 12 Minutes

Total: 57 Minutes

#### INGREDIENTS

8.4 oz tapioca flour (about 2 cups)  
1 cup 1% low-fat milk  
6 tablespoons canola oil  
2 large eggs, lightly beaten  
2 ounces reduced-fat sharp cheddar cheese, shredded (about 1/2 cup)  
1.3 ounces grated fresh Parmesan cheese (about 1/3 cup)  
Tapioca flour, for dusting  
[New Green Bean Holiday Casserole Recipe](#)

### Preparation

1. Preheat oven to 400°. Cover 2 metal baking pans with parchment paper.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Place flour in a large bowl.
3. Combine milk and oil in a small saucepan over medium heat; bring to a boil. Slowly pour milk mixture into flour, stirring until blended. Let cool 5 minutes. Add eggs and cheeses, stirring until blended. Place dough in refrigerator, and chill 20 minutes.
4. Turn dough out onto a well-floured surface. With floured hands, shape dough into 15 balls, about 3 tablespoons each. Place 2 inches apart on prepared baking pans. Bake at 400° for 20 minutes or until puffed and golden.

## Nutritional Information

Calories 140

Fat 7.8 g

Satfat 1.6 g

Monofat 4.2 g

Polyfat 1.8 g

Protein 3.4 g

Carbohydrate 15 g

Fiber 0 g

Cholesterol 30 mg

Iron 0.3 mg

Sodium 82 mg

Calcium 86 mg