

# grain free naan bread (with yeast)



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Author: Lindsay Cotter   Prep Time: 90 minutes   Cook Time: 15 min   Total Time: 1 hour 45 minutes  
Yield: 5-6 pieces



## DESCRIPTION

Grain Free Naan Bread with paleo/vegan options. With yeast, more fluff and softer texture. Yeast free and Yeast breads both delicious!

## INGREDIENTS

SCALE

Note – This recipe has been updated January 2020 using yeast to soften bread. If you'd like the original **quick (no yeast) version, recipe in post above!**

Before starting – proof yeast

- 3/4 c water warm
- 2 tsp [active yeast](#)
- 1 tsp sugar or honey (use sugar for vegan option)

For the Naan Bread Batter –

- 1 1/2 to 1 3/4 cup [cassava flour](#)
- 1/2 c [tapioca flour](#)
- 1 teaspoon baking powder
- 1/2 tsp of salt
- 1 tablespoon olive oil ( 2 tbsp if batter gets to thick)
- 1/4 to 1/3 cup plain yogurt, non dairy yogurt or coconut cream/milk
- 1 tsp apple cider vinegar
- Pinch of black pepper, if desired
- Extra high heat oil for cooking (i.e avocado oil, olive oil, butter, or coconut oil- naturally refined).

## INSTRUCTIONS

- 1 Combine warm water, yeast, and sugar in small bowl. Let it sit for 10 minutes until fizzy (proofed). Set aside.
- 2 In a bowl or stand mixer, sift the flour, baking powder, plus salt. Mix well! Next add in your yeast mixture. Combine with flours.
- 3 Next, slowly mix in your yogurt or milk, 1-tbsp oil, vinegar, and a mix together with spatula or spoon. The batter should be thick, but not so thick you can roll it with hands. If the batter seems to dry/thick, add in 1/4 cup more warm water. It should look and feel like pizza dough. **NOTE**– You might need more or less water depending on the brand of cassava flour you use.
- 4 Knead the dough for 5 minutes with dough hook or with hands.
- 5 Place the dough in an oiled bowl and cover with cloth. Place in warm dark place and allow to rise for 90 minutes or until doubled in size.
- 6 Once the dough has risen, flour your hands and counter space to prepare dough.
- 7 If the dough is extra sticky, let it chill for 20 minutes, then flour your hands before rolling. Roll the dough into 6-7 medium size balls (a little smaller than a baseball)/
- 8 Place dough balls on wax paper and roll each one out between 2 pieces of wax paper in until you form an oval shape. Shape the corners to round after.
- 9 You can roll the dough thinner but you don't want to crack the dough when rolling. The thinner the dough, the crispier the bread on the outside and less dough texture in the middle.
- 10 Next, heat a non stick pan, cast iron, or grill pan with oil on medium high.
- 11 Place each flattened dough on pan one at a time on medium high heat. Cover with lid and wait 1 + minutes. You will start to see the edges puff up.
- 12 Drizzle more a splash of more oil on top and flip to other side. Cover and cook an additional 1-2 minutes. The thicker the dough is rolled out, the longer it takes to rise or puff/cook through.
- 13 Remove and repeat for the next until you get 6-8 naan.
- 14 Serve with hummus, curry sauce, or dipping sauce

## NOTES

Cassava flour is a little chewier in texture, so the middle of the bread might feel that way, but it will still taste wonderful! You can resolve this by adding yeast.

**QUICK NAAN WITHOUT YEAST – You will need** 1 1/4 cup cassava flour, 1/2 teaspoon baking powder, 1/2 tsp of salt, 2 tablespoon, olive oil, 1/4 -1/3 cup plain yogurt or non dairy milk – adjust with thickness of batter if needed, 1 tsp apple cider vinegar or lemon juice, 1/2 to 2/3 cup purified water, oil or butter.

Follow same cooking instructions above, skipping the 90 minutes rise for yeast. Simply skip straight to rolling into balls and cooking. For printable original version, [see above recipe](#).



Category: bread/appetizer



Method: stove top



Cuisine: middle eastern

## nutrition facts

Serves 6

Calories Per Serving: **201**

		% DAILY VALUE	
Total Fat 2.7g	4%	Saturated Fat 0.5g	
Cholesterol 1.2mg	0%	Sodium 200mg	8%
Total Carbohydrate 42.2g	14%	Dietary Fiber 2.4g	10%
Sugars 1.1g		Protein 1.7g	3%
Vitamin C 0.1mg	0%	Iron 0.3mg	2%

**Keywords:** bread, appetizer, naan, grain free, paleo, healthy, vegan, gluten free flatbread

### DID YOU MAKE THIS RECIPE?

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**Find it online:** <https://www.coter crunch.com/grain-free-naan-bread-with-cassava-flour/>

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