



Gluten-free Burger Buns

Ingredients

Dough

240 ml lukewarm milk (dairy or non-dairy, around 105–115°F)
6.4 g active gluten-free dry yeast
25 g granulated sugar (or maple syrup)
420-450 g gluten-free all-purpose flour
2.5 g xanthan gum
20-25 g psyllium husk powder
9 g salt
2 flax eggs
56 g avocado oil

Egg Wash

7 g IntegriPure® Milled Flaxseed +
45 ml water (for flax egg)
Additional whole flaxseed for topping

Yield: 6-8 buns

1. Prepare the flax egg: In a small bowl, whisk together milled flaxseed and water. Set aside for 5-10 minutes to thicken.
2. In a small bowl (or the bowl of your stand mixer), combine the lukewarm milk and sugar. Sprinkle the active dry yeast over the top. Let it sit for 5-10 minutes until foamy. This indicates the yeast is active.
3. In a large mixing bowl (or the bowl of your stand mixer if proofing yeast separately), whisk together the gluten-free flour blend, psyllium husk powder, xanthan gum (if using), and salt.
4. To the foamy yeast mixture, add the lightly beaten eggs, oil. Briefly mix.
5. Gradually add the dry ingredient mixture to the wet ingredients.
6. Using the paddle attachment, mix in a stand mixer on low speed until combined, then increase to medium speed and beat for 3-5 minutes. The dough will be thick, sticky, and more like a very thick batter.
7. Line a large baking sheet with parchment paper.

8. Scrape down the sides of the bowl, gathering the dough into a ball (it will still be sticky).
9. Cover the bowl with plastic wrap or a damp tea towel.
10. Let the dough rise in a warm, draft-free place for 60-90 minutes, or until it has increased in volume by about 50-75%.
11. Line a large baking sheet with parchment paper.
12. Gently deflate the risen dough. It will still be sticky.
13. Lightly flour your work surface with gluten-free flour (or use a little oil on your hands). Divide the dough into 6-8 equal portions (using a kitchen scale helps for uniform buns, aiming for about 100-130g per bun).
14. With floured or oiled hands, gently shape each portion into a smooth ball. Place the balls onto the prepared baking sheet, leaving a few inches between them.
15. Gently flatten each ball to about $\frac{3}{4}$ to 1-inch thickness and 3-4 inches in diameter. If the tops are not smooth, you can wet your fingers slightly and smooth them out.
16. Loosely cover the shaped buns with lightly oiled plastic wrap or a damp tea towel.
17. Let them rise again in a warm place for 30-45 minutes, or until they look slightly puffy. They won't necessarily double in size.
18. About 20 minutes into this rise, preheat your oven to 375°F (190°C).
19. Gently brush the tops of the risen buns with the egg wash and sprinkle with seeds or seasoning.
20. Bake for 15-20 minutes, or until the buns are golden brown and sound hollow when tapped gently on the bottom. The internal temperature should register 205–210°F (96–99°C) on an instant-read thermometer.
21. If the buns are browning too quickly, you can loosely tent them with aluminum foil for the last 5-7 minutes of baking.
22. Carefully transfer the baked buns to a wire rack to cool completely before slicing.
23. Once cooled, slice and enjoy with your favorite burgers!

