

# Perfect Hamburger Buns

## Ingredients

2 t yeast  
2 T honey  
1 ½ C warm water  
1 t salt  
½ C corn starch  
2 eggs  
1 t. apple cider vinegar  
2 C Gluten-Free Flour Blend  
(I like “Namaste Perfect Blend” flour from Costco)  
  
2 T Butter Substitute, Melted

Egg Wash (optional): 1 egg, beaten + 1 T Coconut Milk  
Sesame Seeds (optional)



## Directions

Combine yeast, honey, and warm water and allow your yeast to bloom. After it has bloomed for a few minutes, add salt, cornstarch, and eggs. Blend until well combined. Next, add your apple cider vinegar and your flour. Blend slowly until the flour has blended, then turn your blender on high. Continue to blend as you add melted butter substitute. After you have added your oil, continue to blend on high for 3-5 minutes.

Meanwhile, prepare an oversized cupcake pan ([you can get one HERE](#)). If you have a silicone pan, you will not need to grease it. If not, grease with butter substitute and a small amount of flour. If you use a silicone pan, place on top of a cookie pan for stability.

After you've finished blending your bread, it should look like a thick cake batter. When it has reached this point, measure out about 1/2 C of batter into each mold. After you've finished, cover your pan with plastic covering and allow batter to rise for 30 minutes, or until the batter doubles in size. Sprinkle each bun with Sesame seeds, if desired.

As you near your 30-minute mark, preheat your oven to 400 degrees. After your dough has risen fully, remove the plastic wrap and place your pan in the oven. Cook for 45-55 minutes.

After you've fully cooked your buns, pull out your rack and quickly brush your buns with some of your egg wash. Place back in the oven and cook for an additional 10-15 minutes.

After you have finished baking your buns, allow them to site for 20-30 minutes before trying to eat them (GF breads need a little time to set). Enjoy!

**BONUS RECIPE**