

Scrumptious Low Carb Bread



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Scrumptious Bread

There are two variations of this Scrumptious Bread, but rest assured they are both truly scrumptious! You can make them with or without a bread machine.

Ingredients

1 package dry yeast
1/2 teaspoon sugar
1-1/8 cup warm water (90-100 degrees)
3 tablespoons olive oil
1-1/2 teaspoon baking powder
1 teaspoon salt
1 tablespoon sweetener
1 cup gluten flour
1/4 cup oat flour
3/4 cup soy flour
1/4 cup flax seed meal
1/4 cup coarse unprocessed wheat bran

Recipe Directions

Pour yeast into bottom of an automatic bread maker. Add sugar and water. Stir, and let sit. (This is proofing your yeast to see if your yeast is alive. If it's not bubbling, it is dead and you can replace it without wasting all of the other ingredients).

In the meantime, mix all other dry ingredients together in a bowl. Add oil to bread machine pan. Add mixed dry ingredients. Set your machine to the basic cycle (3 to 4 hours) and bake. Cool on a rack and enjoy.

Bread Machine Notes

For the machine add water and oil to bottom of pan, and then dry ingredients, then yeast sprinkled evenly on top. After initial kneading cycle (about 40 minutes), stop the machine's kneading paddles so as not to over-work the dough, then finish baking in bread machine. The loaf comes out picture perfect, high and traditionally bread-like. With low-carb bread, you will discover that practice makes perfect.

Recipe Note

The sugar is totally consumed by the yeast and does not contribute to the carb count.

To Make Bread Without a Machine

Follow the recipe in the same order as for the bread machine.

After you mix and knead all of the ingredients together, put the dough in a clean bowl and set it into a warm, draft-free place for about 45 minutes to an hour (one option is to turn on your oven for a pre-heat for a minute and a half to get it warm, then turn it completely off before setting the dough in to let it rise in the oven). The dough should rise to about twice its original size.

Afterward, knead slightly (do not over-knead - the gluten content will keep this bread from rising well the second time unlike "regular" bread! You will want to be careful not to handle the dough too much after it rises the first time. Put it in a loaf pan, cover and set in warm draft free place for another 30 to 45 minutes, and then bake at 350 degrees until done (35 to 45 minutes, depending on your oven, you may have to shorten or lengthen the time).

Variation of Scrumptious Bread

This bread is really good toasted and with lots of butter! For best results, the loaf pan must be buttered and non-stick. Your carb count may vary slightly depending on the whey protein you use.

3/4 cup warm water
1/4 cup whipping cream
2 large eggs
1 tablespoon olive oil
1/2 teaspoon salt
1 1/4 cups wheat gluten plus 2 tablespoons
1/2 cup oat flour
1/2 cup whey protein, vanilla
1/4 cup flax meal
2 teaspoons baking powder
1 teaspoon sugar
Pinch Stevia
2-1/2 teaspoons bread machine yeast

Add ingredients to bread machine in the order recommended for your unit. Run the dough cycle. Remove the dough before the rising begins. Dump the dough into a buttered non-stick pan. Wet your hands to smooth and shape the loaf. Cover and let rise in a warm place for 60 to 70 minutes. Bake in a conventional oven at 350 for 50 minutes. 22 slices per loaf.

Note: Gluten yeast bread can only rise one time so do not let it rise in the dough cycle. The dough will be sticky. You cannot shape it like a regular loaf.