



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## *Traditional Bread*

*2g NET Carbs (Low Carb Keto)*

Very easy and simple Traditional Bread Recipe that's Low Carb Keto. Absolutely Delicious! . Great for sandwiches and morning toast. Enjoy!



### INGREDIENTS

Calories: 105 cal Fat: 5g Carbs: 1.94g Net Carbs (9g total carbs – 3.76g fiber – 3.3g sugar alcohols) Protein: 9g

2lbs Loaf 10 Slices – serving = 1 Slice

3/4 cup warm water (240ml/8.1oz)

2 Eggs (lightly beaten)

1/4 cup of Oat Fiber (41g/1.45oz)

1/3 cup of Flaxseed Meal (70g/2.46oz)

1 cup Wheat Gluten

1 teaspoon Salt – spread outer edge of container

### Ingredients:

Calories: 105 cal Fat: 5g Carbs: 1.94g Net Carbs (9g total carbs – 3.76g fibre – 3.3g sugar alcohols) Protein: 9.4g

4lbs Loaf 18-20 Slices – serving = 1 Slice

1 cup warm water (240ml/8.1oz)

2 Eggs (lightly beaten)

1/2cup of Oat Fiber (41g/1.45oz)

2/3 cup of Flaxseed Meal (70g/2.46oz)

1.25 cups Wheat Gluten

1 teaspoon Salt – spread outer edge of container

4 Tablespoons powdered Sweetener

1 teaspoon Honey – spread around outer edge of container

1/2 teaspoon Xanthan Gum – spread out evenly

2 Tablespoons Butter slightly melted

1 Tablespoon Active Dry Yeast

4 Tablespoons powdered Sweetener

1 teaspoon Honey – spread around outer edge of container

1/2 teaspoon Xanthan Gum – spread out evenly

2 Tablespoons Butter slightly melted

1 Tablespoon Active Dry Yeast

Instructions:

1. Divide water in half and add the yeast to one cup to start the activation of the yeast.
2. Add Dry ingredients to bread Bowl.
3. Add wet ingredients to bread Bowl.
4. Add yeast to Bread Bowl.
5. Mix and fold dough for about 10mins.
6. Line Bread Pan with Parchment Paper. Add Dough to center of Pan.
7. Turn Oven on 170F. Place large glass dish on bottom rack to the far side of the rack, add boiling water to dish. Place Bread Pan on cookie sheet on top rack on the opposite side as the water dish. DO NOT COVER DOUGH. Let rise for 1 hour. Then turn oven to 370F for 25-30mins. Remove and let cool completely before slicing. Enjoy!