



LOW-CARB YEAST BREAD

By Dr. Cindy Tanzar
(Maintenance or Special Occasion/Vegan Options)

This bread recipe is made quite often at the Tanzar house. It has a wonderful yeasty smell and flavor without being high-glycemic. It has a moist, dense and sturdy texture that tastes great cold, heated in the microwave or toasted. If you haven't worked with yeast, the key is making sure your water is between 105-110°F, so you will need a thermometer. Read the entire recipe before making it. Don't be intimidated to try this recipe, because it's actually pretty easy. Read the red asterisks for info on the ingredients.

Makes 10-12 servings.



INGREDIENTS

Leavening

- 1/2 cup 105-110°F water
- 2 tsp. active dry yeast (1 packet)
- 2 tsp. honey (vegans can use maple syrup) *

Wet Ingredients

- 3 large pastured eggs
- 1/4 cup Kerry Gold butter or coconut oil, melted
- 1/4 cup organic sour cream, plain yogurt or coconut cream



1 Tbsp Bragg's apple cider vinegar

Dry Ingredients

1-1/2 cups almond flour

2/3 cups golden flax meal

2 Tbsp psyllium husk powder**

2 tsp. baking powder

1 tsp. Pink Himalayan salt

1/4 tsp. cream of tartar

2 tsp. grass-fed beef gelatin***

INSTRUCTIONS

Line and grease a 7.5" x 3.5" pan with parchment paper. (Can use foil pans from Kroger, etc.) Add the yeast and honey to a small-medium bowl. Add the heated water and pour over the yeast and honey, mixing well. Cover with a kitchen towel to "bloom" (foam) for 7-8 minutes in a warm area. You can proof the yeast in your oven at 100-110°F. If yeast does not foam, start over.

Mix together all the dry ingredients into a large bowl and set aside.

In a medium bowl, whisk together the eggs, butter, sour cream and vinegar. Add in the yeast mixture and whisk together.

Add the egg/yeast mixture into the dry ingredients and mix well until fully combined.

Scrape batter into the prepared loaf pan, leveling it very gently. Cover with a kitchen towel to let rise for 50 minutes (can place back in the 100-110°F oven). Bread will rise 1-2 inches.

Preheat oven to 350°F. Bake risen bread for 40-45 minutes. To prevent overbrowning, cover loosely with foil for the last 15 minutes.

Cool bread in the pan on a wire rack for 15-20 minutes, then remove bread from pan and cool on the rack.

* Honey tastes best in this recipe. If you are a vegan that eats honey (beegan), it is the better choice flavor-wise. The honey/syrup is used to feed the yeast. Once it blooms, no sugars will remain.

**Psyllium husk powder can be found at health food stores or on Amazon. I purchase it in the bulk section at Health Nut Nutrition.

***Grass-fed beef gelatin can also be found at health food stores or on Amazon. It is the cleanest form of gelatin; however, you can try the recipe with Knox unflavored gelatin.