

FLAX & FILL-IN-THE-BLANK bread

YIELD 6 servings of 2 slices each, totalling 12 slices

MACROS  (per serving)

almond flour: 225 calories | 6.5g protein | 18g fat | 2g net carbs

lupin flour: 175 calories | 9.5g protein | 12g fat | 1.5g net carbs

peanut flour: 200 calories | 12g protein | 12g fat | 2.5g net carbs

sesame flour: 200 calories | 11g protein | 13g fat | 3.5g net carbs

extra flaxseed meal + protein powder: 205 calories | 10g protein | 15g fat | 1g net carbs

PREP 30 minutes, 15 minutes of which is inactive | **BAKE** 50 minutes | **COOL** 1 hour

STORE at room temperature for up to 48 hours, or refrigerated for up to a week.

 *Keto baking can be very finicky. I strongly suggest weighing your flours, flaxseed meal, psyllium husks, xanthan gum, and water (ml = g) for this recipe.*

DRY INGREDIENTS

$\frac{3}{4}$ cup (90g) **flaxseed meal**, preferably golden

$\frac{3}{4}$ cup (90g) one of the following flours, sifted if lumpy:

- **almond flour**
- **lupin flour**
- defatted **peanut flour**
- defatted **sesame flour**

or $\frac{1}{4}$ cup + 2 tablespoons (45g) **flaxseed meal** and

$\frac{1}{4}$ cup + 2 tablespoons (42g) plain pea **protein powder** and reduce salt to $\frac{1}{4}$ teaspoon

$\frac{1}{4}$ cup + 3 tablespoons (35g) whole **psyllium husks**

1 tablespoon (5g) **nutritional yeast flakes**

2 teaspoons **baking powder**

1 teaspoon (3g) **xanthan gum** 

$\frac{1}{2}$ teaspoon **salt**

WET INGREDIENTS

warm **water** as follows:

- almond flour or peanut flour:
1 cup + 1 tablespoon (255ml)
- lupin flour or flaxseed meal + protein powder:
1 cup + 2 tablespoons (270ml)
- sesame flour: 1 cup + 3 tablespoons (285ml)

2 tablespoons (30ml) light **olive oil** or
neutral-flavored oil of choice

1 tablespoon (15ml) **apple cider vinegar** or
vinegar of choice

TO MAKE CROUTONS

Preheat the oven to 260°F (125°C). Slice and cube the fully cooled bread. Place the cubes in a medium-sized mixing bowl. Spray or drizzle and toss with olive oil, or oil of preference, until all cubes are well-coated. Sprinkle with garlic powder, salt, pepper, herbs, etc. as desired. Place the cubes in a single layer on a rimmed baking sheet. Bake for 90 minutes, or until fully dehydrated. A full loaf will make roughly $3\frac{1}{2}$ cups (260g) of croutons.

DIRECTIONS

- 1- In a medium-sized mixing bowl, whisk together the dry ingredients.
- 2- In another medium-sized mixing bowl, whisk together the water, oil, and vinegar. Then, add the dry mixture to the wet mixture. Without delay, using a silicone spatula or mixing spoon, thoroughly mix until no dry patches remain. Allow the dough to rest in the bowl for 2 to 3 minutes.
- 3- With oiled hands, form the dough into a small 6-inch (15cm) long loaf (or loaf of desired shape) and place it on a baking sheet. Allow the loaf to rest for 15 minutes. With a sharp knife, score 3-4 shallow slices in the loaf's top.
- 4- While the loaf rests, preheat the oven to 375°F (190°C).
- 5- Place the loaf in the center of the oven and bake for 50 minutes.
- 6- Transfer the loaf from the baking sheet to a wire cooling rack and allow it to cool for at least an hour. Insufficiently cooled bread will seem underbaked.
- 7- Slice the loaf into 12 pieces. A baked loaf that is 7 inches (18cm) long, could be sliced as follows: slice the boot ends off as 1-inch (2.5cm) slices and slice the remainder into ten $\frac{1}{2}$ -inch (12mm) slices.
- 8- Enjoy at room temperature or toasted. To prevent the bread from becoming slimy, top it with wet ingredients only when ready to eat.

CARB BOOSTER OPTIONS

Use $\frac{3}{4}$ cup (90g) chickpea flour as your flour option and 1 cup + 2 tablespoons (270ml) warm water.  195 CALS | 7 PRO | 12 FAT | 8 NC

NOTES & TIPS

If you'd like to top your loaf with seeds, I'd suggest putting the seeds on a plate, lightly wetting the loaf's top/sides, and pressing the loaf's surface into the seeds.

If you notice a little grit in your bread, this is the psyllium husk. It's normal.

Xanthan gum can be replaced with an additional 2 tablespoons (10g) psyllium husks. However, this will result in the psyllium husk taste being more pronounced, the dough less pliable, and the bread a little denser.

Macros for the croutons will depend on the amount of oil and seasonings used. I use about 2 tablespoons (30ml/27g) of spray oil, $\frac{1}{2}$ teaspoons garlic powder, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon black pepper and for a full loaf. This adds about 250 calories in total. To measure the oil, I put the bowl of cubed bread on the scale, tar it, and then spray, mix, spray, until the cubes are well-coated.

Troubleshooting: *an ideal loaf, once fully cooled, should have tiny air pockets throughout, giving it an evenly soft and springy texture. A loaf made without enough water will rise less and be a bit drier and denser, with fewer or tinier air pockets. A loaf made with too much water will have larger air pockets at the top and be denser at the loaf's base. Small amounts of water can make a significant difference to the outcome. The water measurements I've provided are what has worked best in my kitchen and with my chosen products. You may need to tweak the recipe to suit your conditions. If doing so, I'd suggest adjusting the water in the recipe by not more than a tablespoon or two at a time.*