

Fluffy Bread

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A beautiful fluffy bread that is perfect for a sandwich or for toast. You can also make little buns instead of a loaf, as a nice side for soup. You do need to let the bread cool completely before using it, as the ingredients need to set after they have cooked to replicate the structure of a wheat bread. Also, check out page 11 for easy ways to use up the leftover egg yolks.

Serves	8-10	Per serve (1 slice)
Prep time	10 minutes	Carbs 6.4 g
Cook time	1 hour	Protein 7.2 g
Difficulty	●●●	Fat 13.6 g
		Energy 170 Cal

INGREDIENTS

1¾ packed cups almond meal
3 tbsp ground psyllium husk
2 tsp baking powder
1 tsp salt
1 tsp poppy seeds
1 tbsp pumpkin seeds
1 tbsp sunflower seeds
1¼ cups boiling water
2 tsp vinegar
3 egg whites

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line a loaf tin with non-stick baking paper, or use a non-stick silicone mould (be aware that silicone doesn't transfer heat as well as metal so you may need to cook your bread a little longer).

Place all the dry ingredients in a large bowl (if you have a stand mixer, use that bowl). Stir briefly to mix.

Bring the water to the boil and add it to the bowl along with the vinegar and egg whites. Mix with an electric hand mixer or the stand mixer for 30 seconds, until doughy. It's important to mix well to distribute the baking powder evenly, so if you don't have an electric mixer make sure you mix it very well by hand.

Turn the dough out into the loaf tin and bake for 1 hour. Insert a skewer into the centre of the loaf and make sure it comes out clean. It should also sound hollow when you tap the underside. If the bread isn't ready, bake for another 5 minutes and check again. Turn out onto a rack and allow to cool completely before slicing.

