



Better Than Wheat Bread – low carb and high protein

(based on Alex Quinn's recipe)

INGREDIENTS

8 oz egg white plus 3 fresh large egg whites

3 egg yolks

1 tbsp. Swerve Confectioner's style sweetener

1/2 tsp salt

1/4 tsp cream of tartar

3/4 cup egg white powder * can substitute 1 cup egg white protein powder

1/4 cup whey protein powder

1.5 tsp oat fiber (NOT oat flour)

1 Tbsp coconut flour

1.75 tsp egg white protein powder

1.5 Tbsp ground flaxseed meal

¼ tsp guar gum

PREPARING THE PANS

Make one strip of parchment paper for the sides and a separate piece of parchment paper for the ends, folding so they fit perfectly. Do NOT grease (or your bread will fall).


Put both pieces of parchment in a bread pan at the same time, overlapping

METHOD - making the bread

1. Preheat the oven to 325 °F (300°F on a convection oven)
2. Separate the eggs yolks from the whites and set aside the egg yolks for later.
3. Add the 3 egg whites and 8 oz of liquid egg whites to the bowl of a stand mixture and beat on high using the whisk attachment until starting to form peaks. Add the cream of tartar and beat until stiff peaks. Then add the powdered sweetener and salt.
4. In a small bowl, mix the egg white powder and unsweetened whey powder (or all egg white powder) together.

5. In another small bowl, sift the oat fiber, coconut flour, ground flaxseed meal, egg white powder and guar gum.
6. Stop the mixer and sift ¼ cup of egg white powder / whey powder mixture at a time, until the whole cup of it is added. Don't overmix once you start adding this, or the result can be like Styrofoam. If in doubt, fold in by hand.
7. Remove bowl from mixer and remove about 3 tbsp. of the beaten egg whites and fold into the egg yolks that are in a separate bowl.
8. Then gently fold in the oat fiber / flaxseed meal mixture, being careful not to lose too much volume.
9. Fold in the egg yolks that have been folded with some egg white.
10. Fold everything well with a spatula, but do not stir as this can cause the meringue to lose volume.
11. Prepare a loaf pan by lining the bottom with a piece of parchment paper cut to size. Then line the sides with another piece of parchment (see photo, below)
12. Using a spatula, transfer the mixture into the prepared pan while making sure to fill any air pockets. Use a spatula to smooth the top and check that all the corners are filled (see photo, below).
13. Bake at 325°F for 30 minutes, then turn off oven and leave loaf in oven to continue cooling.
14. Remove from oven and let loaf cool completely in the pan. [As much as you may want to, resist opening the oven until it cools completely — even up to an hour.]

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Nutrition Facts 

Serving Size: 1 Serving

Amount Per Serving	% Daily Value*	
Calories	63.2 kcal	3 %
Total Fat	1.6 g	2 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	40.3 mg	13 %
Sodium	208.7 mg	9 %
Total Carbohydrate	3.3 g	1 %
Dietary Fiber	0.8 g	3 %
Sugars	0.9 g	
Protein	9.7 g	19 %
Vitamin A	1 % • Vitamin C	0 %
Calcium	4 % • Iron	2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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