



Low Carbohydrate Bread Recipe

- 1 pkt dried yeast (Rapid rise / highly Active)
- 1 tspn sugar
- 1 tspn salt
- 1 ½ tspn baking powder
- 60 grms golden linseed meal*
- 30 grms grnd almonds*
- 30 grms grnd hazelnuts*
- 380grms wheat gluten powder* (as apposed to low gluten flour)
- 3 tblspns olive oil
- 450ml 'baby bottle' warm water

Mix all the dry ingredients in a bowl then rub in the olive oil. Mix in the water and knead for five minutes. Place in an oiled loaf tin and cover loosely with lightly oiled cling film. Allow to prove in a warm place for 40 mins to an hour or until at least doubled in size. Bake in a pre-heated oven at 180c for 35-40 mins then allow to cool on a wire tray.

Alternatively, place the pre-mixed dry ingredients in a bread maker then add the olive oil and water. Set the machine to its 'basic' mode, and use the 'bake rapid' programme, usually just under two hours, depending on the machine. Different makes of bread maker have different characteristics and some adjustments in the recipe may be required for perfect results every time.

Using either method, the bread should look like a normal loaf, taste like normal loaf and toast like a normal loaf - enjoy!

Of the ingredients, gluten powder or flour, as it is sometimes called, is the most difficult to source. This can be obtained on line at www.lowcarbmegastore.com along with most of the other ingredients.

*Important notes :

- 1) This recipe contains gluten and nuts and is **not suitable** for those with a nut or gluten allergy.
- 2) Diabetics should test blood sugar levels before, one hour after and two hours after consuming the bread for the first time.
- 3) Please e-mail your comments to graeme.chatham@btinternet.com .