

Gabi's World-Famous Bread

Ingredients:

- 1 pk (7g) dry yeast (Rapid Rise/Highly Active)
- 1/2 teaspoon sugar *
- 1 1/8 cup (270ml) "baby bottle warm" water (90-100°F)
- 3 Tablespoons olive oil
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 Tablespoon Splenda
- 1 cup (120g) vital wheat gluten flour
- 1/4 cup (20g) oat flour
- 3/4 cup (60g) soy flour
- 1/4 cup (30g) flax seed meal
- 1/4 cup (12g) coarse unprocessed wheat bran

Pour yeast into bottom of bread machine pan. Add sugar and water. Stir, and let sit. (This is "proofing" your yeast to see if your yeast is alive. If it's not bubbling, it's dead and you can replace it without wasting all of the other ingredients).

In the meantime, mix all other dry ingredients together in a bowl. Add oil to bread machine pan. Add mixed dry ingredients. Set your machine to the basic cycle (3-4 hours) and bake.

Cool on a rack and enjoy.

SEE INSTRUCTIONS FOR MAKING BREAD WITHOUT A MACHINE AT BOTTOM OF PAGE

* The sugar is totally consumed by the yeast and does not contribute to the carb count. I keep a few packets of restaurant sugar on-hand for this purpose so I never have to have a supply of actual sugar in the house. 😊

Makes 16 slices. 3.4 grams net carbs per slice.

ADDITIONAL NOTE FROM LORA: The above basic instructions are Gabi Moeller's original ones. Please remember that your machine may require changes. Refer to the instructions that come with your bread machine — making note of any special instructions for specialty or "gluten" breads. I own a West Bend Deluxe with horizontal baking pan. To get mine perfect, I add water and oil to bottom of pan, then dry ingredients, then yeast sprinkled evenly on top. After initial kneading cycle (about 40 minutes), I stop the machine's kneading paddles so as not to over-work the dough, then finish baking in bread machine. The loaf comes out picture perfect, high and traditionally bread-like. With low-carb bread, I definitely discovered that practice makes perfect.

TO MAKE BREAD WITHOUT A MACHINE:

Follow the recipe in the same order as for the bread machine.

After you mix and knead all of the ingredients together, put the dough in a clean bowl and set it into a warm, draft-free place for about 45 minutes to an hour (one option is to turn on your oven for a pre-heat for a minute and a half to get it warm, then turn it completely off before setting the dough in to let it rise in the oven.) The dough should rise to about twice its original size. Afterward, knead slightly (do not over-knead — the gluten content will keep this bread from rising well the second time unlike "regular" bread! You'll want to be careful not to handle the dough too much after it rises the first time.) Put it in a loaf pan, cover and set in warm draft free place for another 30 to 45 minutes, and then bake at 380 degrees until done. (35-45 minutes —

depending on your oven, you may have to shorten or lengthen the time.)