

Gabi's World-Famous Bread

This bread machine wheat is famous because it has only 3.4 carbs per slice.

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Ingredients

- 1 pkg dry yeast (Rapid Rise/Highly Active)
- 1/2 tsp. sugar *
- 1 1/8 C. "baby bottle warm" water (90-100°F)
- 3 Tbs. olive oil
- 1 1/2 tsp. baking powder
- 1 tsp. salt
- 1 Tbs. Splenda
- 1 C. Wheat Gluten Flour
- 1/4 C. oat flour
- 3/4 C. soy flour
- 1/4 C. flax seed meal
- 1/4 C. coarse unprocessed wheat bran

Directions

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. Makes 16 slices. 3.4 carbs per slice.

Gabi Moeller