

 Prep: 2 hours

 Cook: 30 minutes

 12 servings

 Baked Goods Keto

Carbalose Bread

Recipe Notes

Carbalose flour tends not to rise as much as regular all-purpose flour and will bake to a crisp crust. I've tried various methods (i.e., brushing with egg wash or butter), but nothing seems to have changed the crust texture.

Ingredients

for 12 servings

300 g Carbalose Flour

15 g Wheat Gluten

0.75 teaspoon Salt

0.75 teaspoon Xanthan Gum

1 Cup Warm Water *(2-3 Tablespoons until smooth)*

3 Teaspoons Yeast *(NOT rapid rise)*

1 Tablespoon Sugar

2 Packets Splenda

2 Teaspoons oat fiber

Conversion: *Ingredients in Metric units.*

Steps

1. Bloom yeast & sugar in 1 cup warm water for 10 minutes or until foamy.
2. Sift all dry ingredients together. Add water/yeast mixture to stand mixer with dough hook.
3. While running on slow speed, add dry ingredients to wet. Mix well on med/low speed for about 5 minutes.
4. Cover and place in warm place to rise for 60 minutes or until doubled in bulk. Place bowl back on stand mixer and knead for another 5 minutes.
5. Remove dough from bowl and gently knead/fold by hand until smooth. Form a log and place into 4x8" greased pullman bread pan. Slide on cover of pullman pan (spray with avocado oil) and allow to rise until doubled (30-45 minutes)
6. Preheat oven to 350 degrees.
7. Bake with a small bowl with water in the oven for 30-35 minutes until loaf is golden and has a hollow sound when tapped. Another method of testing for doneness is to use a probe thermometer. Internal

temperature should read around 200° F.

8. Rest the bread in the pan at least 10 minutes.
9. Make sure bread sides are not sticking to pan, remove gently, put on wire rack, and cool completely.