

Coach Barb's Copy-cat No-Carb Easy Bread "FP"

1 1/3 cup egg whites (I use carton type for this)

1 package of dry mix (see the mixture below)

3/4 cup water

MIDWEST Storyteller.com

In a large mixing bowl, whisk egg whites vigorously for 60 seconds until very frothy.

Add dry mix and water; whisk until well combined.

Pour into a parchment lined 9"X5" loaf pan.. Carve a large "X" across the top. Or, pour into 6 or 7 holes of a silicone mesh 4" bun pan. Bake at 450 degrees for 50-60 minutes for bread or for 20-25 minutes for buns. Use convection setting if you have it and reduce the cooking time accordingly. (I do bread for 50 minutes and buns for 20 minutes on convection.)

Grasp the edges of the parchment paper, lift the loaf from the pan and place on a cooling rack as soon as it is finished baking. Peel away the parchment and cool completely. If using a mesh-style bun pan, allow to cool ten minutes in the pan and they should "peel" from the mesh cleanly.

Dry Mix

1/2 cup oat fiber

1/2 cup golden flax meal

1/2 cup whole husk psyllium flakes

1/2 cup unblanched almond flour

2 teaspoons aluminum-free baking powder

2 teaspoons nutritional yeast

1 teaspoon erythritol

1/2 teaspoon mineral salt

2 doonks Pure Stevia extract

MIDWEST Storyteller.com

Coach Barb's Slow-Carb Easy Bread "E"

1 1/3 cup egg whites (I use carton type for this)

1 package of dry mix (see the mixture below)

3/4 cup water

In a large mixing bowl, whisk egg whites vigorously for 60 seconds until very frothy.

Add dry mix and water; whisk until well combined.

Pour into a parchment lined 9"X5" loaf pan.. Carve a large "X" across the top. Or, pour into 6 or 7 holes of a silicone mesh 4" bun pan. Bake at 450 degrees for 50-60 minutes for bread or for 20-25 minutes for buns. Use convection setting if you have it and reduce the cooking time accordingly. (I do bread for 50 minutes and buns for 20 minutes on convection.)

Grasp the edges of the parchment paper, lift the loaf from the pan and place on a cooling rack as soon as it is finished baking. Peel away the parchment and cool completely. If using a mesh-style bun pan, allow to cool ten minutes in the pan and they should "peel" from the mesh cleanly.

Dry Mix

4 ounces oat flour (or 1 cup, plus 2 tablespoons)

1/4 cup golden flax meal

1/4 cup psyllium husk flakes (add two more tablespoons if making buns in a mesh style pan)

1 tablespoon unblanched almond flour

2 teaspoons aluminum-free baking powder

2 teaspoons nutritional yeast

1 teaspoon erythritol

1/2 teaspoon mineral salt

2 doonks Pure Stevia extract