

Trim Healthy
W I S D O M

Sourdough No Carb Easy Bread (FP)

You are only 3 easy steps away from a loaf of *Sourdough No Carb Easy Bread*, a delicious bread with a twist... a twist of “sourdough” flavor, that is!! Adding sourdough starter and a few other ingredients to this handy mix takes this bread from ordinary to extraordinary!! While this bread is not gluten-free, it does come in handy and is very low in gluten since the starter breaks gluten down. Look for the *Gluten Free Baking Blend Sourdough Bread* or the *Gluten Free No Carb Easy Bread* recipes in the Fermented Breads & Muffins category if you need a gluten-free option.

This bread has clean ingredients that you can trust, and it is a Fuel Pull!! That means it is light in calories and fats. Some home-baked keto breads are overblown with dense fat fuels, so once you stick butter or mayo on them... you usually give your body more fuel than it can handle. Let's keep our bread light so we can feel no guilt with the fillings! The yeast used in this bread is for flavor and not for the rise. Enjoy the taste of sourdough bread when enjoying the *Bizzaro Sandwich*, *Protein Grilled Cheese Sandwich*, or perhaps the *Open-Faced Tuna Toast*. Look for these amazing recipes in the Wisdom Recipe Collection under the Sandwiches, Tortillas, and Burger category!

Step 1

INGREDIENTS:

- ¾ cup warm water
- ½ tsp honey
- 1 Tbs active dry yeast (not instant; for flavor; optional)

INSTRUCTIONS:

1. In a small bowl mix these 3 ingredients and let sit for 15-20 minutes.

Step 2

INGREDIENTS:

- ¾ cup active [Sourdough Starter](#) or a sourdough starter of your choice

- ½ tsp [TH Mineral Salt](#)
- 1 [TH No Carb Easy Bread Mix](#) Packet

INSTRUCTIONS:

2. In a medium/ large bowl, combine the sourdough starter with the mineral salt. Add the contents of the first bowl, which includes the water, honey, and yeast. Gently stir until combined.
3. Next, add the TH No Carb Easy Bread Mix Packet, and with your hands, work the liquid into the dry mix until it is fully moistened. Cover the bowl and let the dough set on the counter for 6 hours.

Step 3

INGREDIENTS:

- 1⅓ cup egg whites (carton is fine)
- 1 Tbs apple cider vinegar
- 1½ tsp baking powder
- 1 tsp baking soda
- 1 Tbs [TH Just Gelatin](#)
- 1 tsp [TH Gentle Sweet](#)

INSTRUCTIONS:

1. Place the egg whites, apple cider vinegar, baking powder, baking soda, gelatin, and sweetener into a high-powered blender and blend for 1 minute. Then add the dough mixture and blend until fully combined for 3-4 minutes.
2. Stop the blender several times and scrape down the sides with a spatula so that the dough is properly combined.
3. Spray a 4x8 silicone loaf pan with olive oil cooking spray. (See our product recommendation [HERE](#).)
4. Place the dough in the loaf pan and form the dough into a nice loaf shape, smoothing the top of the bread with your hands or a spatula.

5. Take a sharp knife and gently score the top of the bread.
6. Place the silicone loaf pan on a cooking sheet for extra stability and bake for 35-40 minutes at 425°F or until the internal temperature is 200°F.
7. If the bread seems to be browning quickly, cover gently with foil for the last few minutes of baking.
8. Let the loaf set for 5 minutes before gently removing it from the pan and allowing it to cool on a wire rack.
9. Slice after the loaf is completely cool.

Protein Nerd Notes:

While this bread contains some protein, it does not supply a significant amount for your Protein Nerd Level 3 requirements. Be sure to get your full requirements through other food or with a drink with your meal or snack.