

Trim Healthy
W I S D O M

Gluten-Free Sourdough No Carb Easy Bread (FP)

You are only 3 easy steps away from a loaf of *Gluten Free Sourdough No Carb Easy Bread*, a delicious bread with a twist... a twist of “sourdough” flavor, that is! Using a gluten-free sourdough starter and a few other added ingredients to this handy mix takes this bread from ordinary to extraordinary. Be sure to check out the *Gluten Free Baking Blend Sourdough Bread* which uses our [TH Baking Blend](#), or perhaps you’ll prefer this one using our [TH No Carb Easy Bread Mix](#). You get a better flavor, rise, texture, and better health because, as you know from the Wisdom book, sour sensitizes you to insulin. 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-style breads are overblown with dense fat fuels, so once you use 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! If you want an E (because E Meals are fantastic for your metabolism), have a piece of fruit on the side, perhaps. Enjoy the flavor of this gluten-free 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 [Gluten-Free Sourdough Starter](#) or a converted GF sourdough starter of your choice. See note below.

- 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:

- 1 & ⅓ cup egg whites (carton is fine)
- 1 Tbs apple cider vinegar
- 1 ½ 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 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 from the pan and allow to cool on a wire rack.
9. Slice after the loaf is completely cool.

NOTES:

- If you are new to Gluten-Free Sourdough Baking, please follow all of the instructions on this page for the [Gluten-Free Sourdough Starter](#).
- For more information on converting a sourdough starter to a gluten-free sourdough starter, [click here](#).

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.