

Gluten-Free Baking Blend Sourdough Bread (FP)

We're giving you two varieties of Gluten Free Sourdough Bread to choose from that are both FP in this Wisdom Recipe Collection. Check out the *Gluten Free No Carb Easy Bread* using our [TH No Carb Easy Bread Mix](#), or perhaps you'll prefer this one using our [TH Baking Blend](#). No matter which you prefer, your bread will be perfect for sandwiches, toast, and pretty much anywhere you need bread! Considering this bread is FP, you can stay in that mode or go S or E. If you're seeking an E Meal (which is boosting to your metabolism), be sure to add a piece of fruit to the side of your meal.

Some home-baked keto-style breads are overblown with dense fat fuels using a lot of almond flour and whole eggs, so once you use butter or mayo on them... you usually give your body more fuel than it can handle. Even in S mode, let's keep our bread light so as not to overdo density when adding S fillings!

Adding a gluten-free sourdough starter allows for a better flavor, rise, better texture, and better health when it comes to low-carb bread because, as you know from the Wisdom book, sour sensitizes you to insulin. This bread has clean ingredients that you can trust. The optional active dry yeast ingredient is only for added flavor, not rise, but combined with the sourdough flavor, this bread tastes great 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!

DRY INGREDIENTS:

- 1 cup [TH Baking Blend](#)
- ¼ cup [TH Oat Fiber](#)
- 2 tsp baking powder
- 1 tsp baking soda
- 2 Tbs [TH Pristine Whey Protein Powder](#) (unflavored)
- ½ tsp [TH Gentle Sweet](#)
- ⅛ cup golden flax meal
- ⅛ cup [TH Whole Husk Psyllium Flakes](#)
- ¼ tsp [TH Mineral Salt](#)
- 1 Tbs active dry yeast (not instant; optional. See Recipe Note Below)

WET INGREDIENTS:

- ¼ cup warm water (100 degrees; See Recipe Note Below)

- 1 tsp honey (See Recipe Note Below)
- 1 Tbs apple cider vinegar
- 1 ½ cups egg whites (carton is fine; See Recipe Note Below)
- ¾ cup active [Gluten-Free Sourdough Starter](#) or a converted GF sourdough starter of your choice (See Recipe Note Below)
- Coconut or olive oil spray

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Add all dry ingredients to a large bowl except the active dry yeast and stir until combined.
3. In a small bowl, place the ¼ c water and warm it to 100* degrees. Add the honey and the active dry yeast and mix well. Place this mixture in the oven with only the oven light on for 10 minutes.
4. In another small bowl put the egg whites, apple cider vinegar, yeast mixture, and the active GF sourdough starter and stir gently. Pour this over the dry mixture and mix well with a wooden spoon until combined. Let dough sit for 10 minutes.
5. Spray a 4x8 silicone bread pan with olive oil or coconut oil spray and place the dough in the pan. (See our product recommendation [HERE](#).) After placing the dough in the pan, press down and smooth the top of the dough to eliminate any air pockets.
6. Take a sharp, damp knife and score the bread about ½ inch deep down the middle.
7. Place the loaf pan on a sheet pan for stability and bake for 50-60 minutes or until the internal temperature is 200°F.
8. If the bread seems to be browning quickly, cover gently with foil for the last few minutes of baking.

Notes:

- Remove from oven and let set for 5 minutes. Then, gently release the loaf from the pan and place it on a cooling rack.
- Cool completely before cutting.
- If choosing not to use the optional active dry yeast, omit the ¼ cup of water and honey and increase the amount of egg whites to 1 ¾ cup
- 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](#).