

Trim Healthy  
W I S D O M

## Baking Blend Sourdough Bread (FP)

This *Baking Blend Sourdough Bread* is perfect for sandwiches, toast, pretty much anywhere you need bread! 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. You will get all the flavors of sourdough bread while enjoying a lighter calorie and less dense option for all of your bread needs!! The yeast used in this bread is for flavor and not for the rise. Enjoy the flavor 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!

### 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 Psyllium Husk](#)
- 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)
- 1 tsp honey
- 1 Tbs apple cider vinegar
- 1½ cups egg whites (carton is fine)
- ¾ cup active [Sourdough Starter](#)
- 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 cup water and warm it to 100°F. 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, add the egg whites, apple cider vinegar, yeast mixture, and the active sourdough starter and stir gently. Pour this over the dry mixture and mix well with a wooden spoon until combined. Let the 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:

- 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 1¾ cup.
- 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.

## 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.