

WUNDER BREAD

Ok...we are talkin' **Real Bread** here!

Toast, Burgers & Sandwiches? Yup!

*Prepare loaf pan and set aside:

Use a glass pan. Grease **just the bottom and ½ inch up & a finger width strip in the corners all the way up and around the top edge**. Leaving side ungreased allows the batter to attach, holding it's shape and height.

Otherwise the loaf will collapse.

Cut a piece of parchment paper to fit just the bottom of your loaf pan, poke random holes in it with a toothpick (or skewer), **place in bottom of pan**. This allows steam to escape and help release the loaf from the pan.

In a medium bowl, combine dry ingredients and **set aside**:

- 1 cup Almond, Hazelnut, Pecan *or* Walnut Flour
- ⅓ cup Inulin Powder *improves texture & a prebiotic boost*
- 1 TBL Chia Seeds *optional*
- 1 tsp Guar Gum
- ½ tsp Himalayan Pink Salt
- ¼ tsp White Pepper

In a large bowl beat **2-5 minutes** until smooth, glossy and thick forming soft peaks:

- **1½ cups ONLY** (approximately 8) Egg Whites
- 1/8 tsp Xanthan Gum

Add and beat till just combined:

- ½ cup Full Fat Sour Cream *or* Full Fat Cream Cheese *at room temperature*

Preheat oven to 325°

When Egg White mixture forms soft peaks, dot softened sour cream or cream cheese around and beat until just combined.

Quickly fold in all dry ingredients with a spatula, this does not need to be fully incorporated, just a few brisk stirs.

- Scoop batter into pan. Shape the batter rounded up above the pan. It will rise and then deflate slightly after baking.
- Sprinkle with paprika, sesame or poppy seeds ~ *optional*

Bake on a lower rack (remove the rack above) for 50-60 minutes.

Remove from oven, **invert** using a can on each end of the pan to hold it off the counter. Allow to cool upside down in pan for at least an hour. Flip right side up and carefully run a knife around the edges.

Release from pan.

Allow to cool completely on a rack. Store in refrigerator (or freeze) wrapped in parchment paper or in an open plastic or paper bag.

Variations: Add 1 TBL of rosemary, basil, oregano, thyme, parsley, red pepper flakes, and/or ¼ tsp garlic or onion powder to dry mix.

Sprinkle top with paprika and parmesan cheese.

Make Cheese Bread! Add ½ cup Freeze Dried Cheddar Cheese to the dry mix, sprinkle top with fresh grated cheese!

Special note: Be very careful not to get any egg yolk into your mixture. The egg yolk fat will keep the whites from fluffing. Bowl and beaters must be completely clean and dry. Pile extra batter onto parchment paper to make buns. Your bread will continue to rise beautifully in the pan and may deflate somewhat as it cools, not to worry... **still delicious!**

* Do **NOT** use a silicone, Teflon or other non-stick pan.

* **Clean-up tip!** Soak pan overnight with a splash of bleach and hot water.

* **Quick trick!** Spread batter on a parchment lined cookie sheet and bake 35-45 minutes. Cool. Using a pizza cutter, cut into 15 sandwich slices!

* **BONUS!** Dry out any leftover bread, crush to make the perfect “Panko” type breadcrumbs.

