

Homemade Bread Loaf

1 serving= 0 g protein

I made this entire recipe (half plain and half herby) and it was the perfect amount of bread for the week

Serves: 1



Ingredients*

- 250ml warm water
- 200ml **Sno-Pro milk replacer**
- 1 dried yeast sachet
- Pinch of salt
- Pinch of sugar
- 1 heaped tbsp psyllium husks
- 500g **Loprofin Mix** plus extra for dusting
- 4 tbsp olive oil
- 1 tbsp olive oil
- Coarse sea salt



Serving Suggestion

Tomato, Herby Bread (add at step 2)

- 2 tbsp tomato puree
- 2 tbsp fresh thyme or rosemary, chopped
- 1 tbsp garlic powder
- 1 tbsp tomato pesto and a drizzle of olive oil to finish



Method:

1. Place the water, **Sno-Pro**, yeast, sugar and psyllium husks in a bowl, stir and allow to stand for 10 minutes until the mixture thickens.
2. Add the **Loprofin Mix**, salt and olive oil to a bowl, thickened mixture to the bowl and beat for 2–3 minutes.
3. Leave the dough to rise in a warm place for 30 minutes or until it has doubled in size.
4. Dust your work surface liberally with **Loprofin Mix**. Your dough may seem really wet but that is ok just keep dusting your surface with the **Loprofin Mix** until it resembles a dough.
5. Divide your dough into two and place into two oiled loaf tins.
6. Brush your bread with olive oil and sprinkle with coarse sea salt or tomato pesto and olive oil.
7. Bake in a preheated oven for 20–25 minutes or until golden brown.

Róisín's Tips

- The plain loaf is handy for breakfast and if it goes slightly stale it is perfect for French toast or even if you want to make bread crumbs.
- I froze half the loaves in freezer bags and they turned out perfect. It's better to toast the bread after its been in the freezer.
- You can flavour the dough with a variety of herbs, garlic, spices, tomato puree, cumin, curry powder and chilli.
- I loved serving the herby bread with low protein pesto, extra virgin olive oil and balsamic vinegar.

* Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.