

High-Protein Sandwich Bread



PREP TIME

1 hr 15 mins

COOK TIME

45 mins

TOTAL TIME

2 hrs 20 mins



COURSE

Sides



SERVINGS

15 slices

CALORIES

123 kcal

INGREDIENTS

- 2 ½ c all purpose flour
- 1 ½ c vital wheat gluten
- 1 Tbsp active dry yeast
- 1 Tbsp sugar
- 1 tsp salt
- 2 1/2 c hot water 110°F/43°C

INSTRUCTIONS

1. In a large bowl, mix flour, vital wheat gluten, yeast, and salt until well mixed.
2. In a smaller bowl, dissolve sugar into the hot water.
3. Add the water mixture to the flour mixture using a wooden spoon.
4. Mix as little as possible to fully incorporate everything. Do not overmix this.
5. Transfer mixture to a greased 8 inch bread pan.
6. Cover and let rise for 20 minutes.
7. Preheat oven to 400°F/204°C

8. Bake for 45 minutes at 400°F/204°C
9. Remove from oven and let cool for 2 hours before slicing.

NUTRITION

Nutrition Facts

High-Protein Sandwich Bread

Amount Per Serving

Calories	123	Calories from Fat	2
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		% Daily Value*	
Fat	0.2g	0%	
Carbohydrates	17.6g	6%	
Protein	11.7g	23%	

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?

Let us know how it was!
