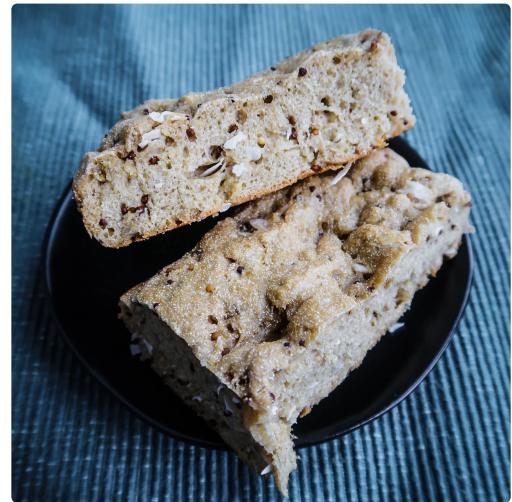


Ghia's High Protein Lemon Loaf

I know this recipe sounds weird because it has whole seed mustard in it, and I was skeptical, but I swear, it is amazing and you can't taste mustard at all but the seeds break up the gluten in a delicious way!



PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins



COURSE

Breakfast, Dessert, Snacks



SERVINGS

4 servings

CALORIES

176 kcal

INGREDIENTS

- 1 c vital wheat gluten
- $\frac{1}{3}$ c cornmeal flour
- 1 tsp baking powder
- $\frac{1}{4}$ c shredded coconut unsweetened
- 2 Tbsp whole grain mustard
- $1\frac{1}{4}$ c Walden Farms Sugar Free Pancake Syrup
- 1 tsp vanilla extract
- 1 tsp lemon extract

INSTRUCTIONS

1. Preheat oven to 350°F/175°C
2. In a medium bowl, which together vital wheat gluten, cornmeal flour, baking powder, and coconut shreds.
3. Add in the whole grain mustard until well incorporated and a bit crumbly.
4. Add Walden Farms Sugar Free Pancake Syrup, vanilla and lemon extract. (If adding lemon zest, add it now) Mix until completely combined, You may need you mix using your hands, but try not

- to overmix it. It should be a dough ball.
5. Place the dough ball in a small loaf pan lined with parchment paper or spritzed with cooking spray. Press the dough out to the edges as best you can because this will not spread.
 6. Bake for 30 minutes, and let cool fully before slicing into 4 equal pieces.

NUTRITION

Nutrition Facts

Ghia's High Protein Lemon Loaf

Amount Per Serving

Calories	176	Calories from Fat	26
% Daily Value*			
Fat	2.9g	4%	
Saturated Fat	1.9g	12%	
Polyunsaturated Fat	0.2g		
Monounsaturated Fat	0.1g		
Sodium	87mg	4%	
Potassium	44.9mg	1%	
Carbohydrates	12.5g	4%	
Fiber	2.1g	9%	
Sugar	0.3g	0%	
Protein	24.3g	49%	
Vitamin A	20IU	0%	
Calcium	21mg	2%	
Iron	2.2mg	12%	

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

Tried this recipe?

Let us know how it was!