



High-Protein Sandwich Bread

		
PREP TIME	COOK TIME	TOTAL TIME
1 hr 15 mins	45 mins	2 hrs 20 mins
		
COURSE	SERVINGS	CALORIES
Breakfast, Dinner, Lunch, Sides	15 slices	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.

NOTES

NUTRITION

Nutrition Facts

High-Protein Sandwich Bread

Amount Per Serving	
Calories 123	Calories from Fat 2
% 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!