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Swiss Bread & Swiss Loaf (FP)

Swiss Bread (FP)

We call this Swiss Bread because like Switzerland, it doesn't take sides. It can be your go-to bread replacement for any meal. You can eat it with either S or E meals, or keep it in Fuel Pull mode. It makes a wonderful ooey-goey grilled cheese or a great side to soup or stew, especially when topped with a bit of buttah for S. Enjoy it as a FP sandwich, with lean fillings, but have fruit on the side for an E option. Bake in a bun pan to enjoy at your BBQ with your hamburger or hotdog! The ideas for flavors are limitless. Add rosemary, garlic or onion powder, jalapeño and cheese (the cheese would make it an S) - whatever flavors you can dream up!

Serving Size: Single-serve

INGREDIENTS:

- Coconut oil spray
- 1/4 cup THM Baking Blend
- 2 egg whites
- 1 Tablespoon water
- 1 pinch Mineral Salt
- 2 pinches THM Super Sweet Blend
- 1/2 teaspoon aluminum-free baking powder

INSTRUCTIONS:

1. Mix and place all ingredients in a prepared coffee mug, or bread-shaped glass dish.
2. Microwave for 1 to 1 & 1/2 minutes. Or, bake at 350° for 15 minutes or until lightly browned and done through.
3. Slice the bread into two pieces and enjoy!

(Continued... *Recipe Note & Swiss Loaf recipe*)

(Swiss Bread & Swiss Loaf, Continued...)

RECIPE NOTE:

For *Swiss Garlic Bread* melt 2 teaspoons butter (or coconut oil) with 1 clove minced garlic (or a sprinkle of garlic powder) in a skillet. Brown both sides of the *Swiss Bread* in the garlic butter. (Alternative method: Smear bread with butter and minced garlic or garlic powder and put under the broiler for a couple minutes watching carefully that it does not burn.)

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Swiss Loaf (FP)

Our numero uno goal was to come up with an actual Fuel Pull loaf of bread that you can cut, slather butter on and not turn into a Crossover in the process. Fats with bread are what we all long for right? Our lofty goal was to create a protein based loaf that wasn't dry like a brick or too heavy and eggy. One that you can have under fried eggs for S or make a lean sandwich with room for fruit on the side for E.

The single-serve Swiss Bread recipe wasn't hard to get right. This loaf gave us far more trouble. At times we doubted our quest would be possible. There were many, many failures along the way. Many flat loaves, squishy loaves, yucky loaves, dry loaves, eggy loaves... but we got closer and closer. The final loaf came out of the oven, we cut into it and knew goal was achieved. Our children love this, our husbands love this. No, it's not your fluffy wonder bread from the store but it's pretty darn good and so good for you!"

Serving Size: Multiple-serve; 1 Medium-sized Loaf

INGREDIENTS:

- Coconut oil spray
- 6 large egg whites
- 1 cup water
- 1 Tablespoon apple cider vinegar
- 1 & 1/2 cups THM Baking Blend
- 3 & 1/2 Tablespoons THM Psyllium Husk Flakes
- Scant 1/4 teaspoon Mineral Salt
- 1/2 teaspoon THM Super Sweet Blend
- 1 & 1/2 teaspoons aluminum-free baking powder
- 1 & 1/2 teaspoons baking soda

(Continued... *Instructions & Recipe Notes*)

(Swiss Loaf, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 400°F.
2. Place the egg whites in a food processor, add the water and vinegar, and process for 15 seconds. Add the other food ingredients, pulse to combine for a few seconds, scrape down the sides of the processor bowl with a spatula, then pulse again for 10 seconds. Allow the mixture to sit for 3 or 4 minutes.
3. Lightly spray a 4 & 1/2 × 8 & 1/2-inch loaf pan with coconut oil spray (pan size is important; too big a pan and your loaf will be flat). Pour the dough into the pan, then smooth the top gently with your spatula. Cut a large X in the top, then gently widen it so the top cracks evenly. Put the bread on the middle rack of the oven, then immediately turn the oven temperature down to 375°F. After 20 minutes, cover the top of the loaf with foil and continue baking for another 40 minutes for a full hour total.
4. Remove the loaf from the oven and let cool briefly, then remove from the pan and allow to cool on a wire rack or on the top of the loaf pan for a couple hours. Protein-rich breads are much better after having sat out for a while. If you cut into it too soon, it will appear too moist. The texture will be even better the next day, after drying out a little.

RECIPE NOTE:

You can freeze extra bread in baggies, separating the pieces with wax paper or coffee filters.

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The *Swiss Bread & Swiss Loaf* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com