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Wonderful White Blender Bread (FP)

Just blend and bake! Couldn't be easier. You don't know how excited we are to give you this white, fluffy bread, which we affectionately abbreviate to WWBB. It is going to change your world. After months of tweaking and trying for the ultimate low-carb, low-fat white bread, we have it! It makes perfect slices for sandwiches, grilled cheese, French toast, garlic bread; or just spread a piece with butter and sugar-free jelly and say "Mmm." Bake in a bun pan to enjoy at your BBQ with your hamburger or hotdog! Best of all, it is a Fuel Pull!

There are plenty of low-carb bread options out there online, but most are loaded with almond flour and tons of whole eggs. You don't want to eat calorie-laden bread like that on a daily basis. We don't have to count calories, but piling butter or mayonnaise on top of bread that already has a bunch of fat can turn into calorie abuse; it is not the balanced Trim Healthy way. There's just no need to do that. Fuel Pull bread makes more sense for your daily bread. Now you can put some butter on your bread and really enjoy it!

Serving Size: Multiple-serve; 1 Loaf

INGREDIENTS:

- Coconut oil cooking spray
- 1 & 1/2 cup egg whites (carton or fresh)
- 1/2 teaspoon xanthan gum
- 3/4 cup THM Pristine Protein Powder (original; unflavored)
- 1 cup THM Baking Blend
- 1 cup 0% Greek yogurt (or 1% cottage cheese)
- 2 & 1/2 teaspoons aluminum-free baking powder
- 1 teaspoon THM Super Sweet Blend
- 1/2 teaspoon Mineral Salt

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

(Wonderful White Blender Bread, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350°F. Spray a 9 × 5-inch (standard) glass loaf pan with coconut oil. You want your pan to be as straight-sided as possible. Slanted pans can cause the bread to fall over the pan as it rises. If your bread rises a bit lopsided, though, never fear, it will still taste great.
2. Put the egg whites and xanthan gum in a blender and blend on high for 1 minute, until thickened and frothy. Add all the other ingredients and blend well for another minute or so.
3. Using a spatula, scrape the batter into the loaf pan and bake for 40 minutes. If after 20 minutes the top of the bread looks like it's browning too much, place a folded piece of parchment paper over the top.
4. Once the bread is out of the oven, allow it to sit for a couple minutes, then remove it from the pan (you may need to use a knife around the sides of the pan to help it come out). Let it cool at least another 10 to 15 minutes before carefully slicing your first piece or two with a serrated knife.
5. Cover the rest of the loaf with a paper towel and put it in a gallon baggie. You can store it on the counter for the first day, if desired, but after that it is best kept in the refrigerator.

RECIPE NOTES:

Pearl's best advice for the *Wonderful White Blender Bread...*

I want to talk about how it can be a huge blessing to your journey or how if abused, it might become a hindrance.

HOW IT BLESSES YOU...

- ▶ It is FP and protein rich
- ▶ Helps you stay on plan because you don't feel deprived and are less likely to binge on junk bread
- ▶ Perfect side to soup or salad
- ▶ Grilled cheese and pb and j are your besties again

(Continued... Recipe Notes)

(Wonderful White Blender Bread, Continued...)

- ▶ Helps you fill up... very filling and has superfood ingredients to bless your health

Give yourself lots of grace if you find yourself eating a lot of the first loaf. You have white fluffy bread again so it is fine to celebrate! Have a few pieces with butter without guilt. I have seen many posts where it has become a part of every meal. That's so fine at first but after that... let's talk balance.

HOW IT MAY HINDER YOU...

- ▶ If it takes the place of your non-starchy veggies
- ▶ If you never have meals without it
- ▶ Butter is great an' all but if you're eating oodles more butter than normal because it is always on your bread, maybe that's overdoing it.

To explain... if you are replacing your salads and green veggies with Blender Bread all the time, as much as I hate being a big meanie, I have to say... please don't.

Let me give you an example of how it might become a hindrance rather than a help...

You eat a breakfast of eggs, sausage and sauteed spinach. Now you're excited to add Blender Bread to your breakfast so you add two pieces drenched with butter! That's fine for a now and then... but if you want bread with your eggs, nix that meat. You already have plenty of protein with the eggs and this bread is protein rich. Be sure that you're not piling more and more fuel on your plate. No need to overdo protein either. Here's how I love it for breakfast... I cut two ultra thin slices of it and place it in the pan next to my fried eggs as they are cooking. I season the bread as I season my eggs, they get super crispy then I plate the fried eggs over the crispy bread at the end... such a delish breakky. No overdoing it this way!

Please hear my heart here... I am not limiting you to a certain number of pieces or wanting you to feel any guilt at all for eating it very frequently. I sure eat it frequently. And you sure can have meat on it in a sandwich... such as a turkey sandwich. Serene and I just really want you to keep your veggies in and if you're adding bread... just be mindful of all the other items you are eating as well.

(Continued... Recipe Notes)

(Wonderful White Blender Bread, Continued...)

Now, for a few more pieces of advice...

1. When making grilled cheese with it... keep the pieces thin.. the sandwich tastes much better and gooier that way.
2. If you have portion control issues after your second loaf.. freeze in zippy bags... two slices per bag
3. Use a serrated knife when cutting it or sometimes the crust will want to pull off
4. Be sure your baking powder is fresh when making it (I've seen a couple pictures where the bread fell after baking... this is stumping me, unsure of why this is happening but maybe we'll all get to the bottom of it).
5. I mentioned in the book to use a glass pan. I have had the most success this way but many of you are having great success with metal or ceramic pans so maybe that doesn't matter so much.
6. The recipe calls for xanthan gum to stabilize the egg whites... this is what helps give the bread its lightness. Some here have used Gluccie and mentioned they had good results doing that so take your pick.

That's it for now...

~ Pearl

NSI (Use a grocery store on-plan sweetener and whey protein, see page 43 of the Trim Healthy Mama Cookbook. Use the Frugal Flour option, see page 40 of the Trim Healthy Mama Cookbook. Please note that this will take this bread from an FP and an S and it won't look as white.)

The *Wonderful White Blender Bread* recipes and other delicious THM recipes can be found at www.TrimHealthyMembership.com