



NutraFiber® Flakes™ High Fiber Bread



What you need:

- 3 cups bread flour
- 1 1/4 cups very hot water
- 1/2 cup warm water (120-130 °F)
- 3/4 cup NutraFiber® Flakes™
- 1/3 cup vital wheat gluten
- 2 tbsp vegetable oil
- 2 tbsp granulated sugar
- 3 tsp active dry yeast
- 1 1/2 tsp salt

Instructions:

1. Preheat oven to 375 °F.
2. Mix NutraFiber Flakes with hot water. Set aside for at least 10 minutes.
3. Dissolve yeast in warm water, add granulated sugar.
4. Sift together bread flour, salt and vital wheat gluten.
5. Add above mixture, soaked NutraFiber Flakes, yeast mixture and oil together.
6. Mix and knead the dough until well developed (the dough, when gently stretched, will form a thin and elastic film).
7. Divide dough into two equal portions.
8. Flatten each dough portion into a rectangle. Fold, roll and shape each dough portion into a tight cylinder. Place the dough cylinder with seam side down into a greased loaf pan.
9. Allow loaves to rise in a warm place until 1 to 1 1/2 inches above the top of the pan.
10. Bake for 25 to 30 minutes until loaves sound hollow when tapped on top and are a deep golden brown color.

Yield: 2 loaves

Nutritional Information Serving size: 2 slices (56 g)	Amount per serving
Total Carbohydrate, g	22.1
Total Fiber, g	3.5
Net Carbohydrate, g	18.6
Total Protein, g	5.3
Total Fat, g	1.9
Total Calories, kcal	120