

BEST Low Carb Bread!! (No joke)

Yield: 12 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/yeast-bread-recipe-in-mexico>

Ingredients:

- 4 teaspoons yeast
- 1/2 teaspoon sugar
- 1 1/4 cups warm water
- 3 tablespoons olive oil
- 3/4 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar substitute
- 1 cup gluten flour vital wheat
- 1/4 cup oat flour
- 3/4 cup soy flour
- 1/4 cup flax seed
- 1/4 cup wheat bran
- 2 tablespoons sesame seeds
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- seeds you can use whatever kinds of, you like, or omit them all together if you don't like them
- seeds
- bread

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 9 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 260 milligrams

8. Sugar: 1 grams

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