

**BREAD FOR EVERYONE. DIABETICS, PREDIABETICS, INSULIN RESISTANCE,**

The food that most often names it my with diminutives Most patients and clients and or patients, still diabetics, when I ask them what they have for breakfast and/or dinner and they answer "just a piece of bread". without knowing bad consequences. We will need a combination of keto flours to mimic a real French artisan baguettes texture and they'll be able to have them reaching a steady blood sugar

🕒 30 minutes

🕒 1 hour

🍴 2 portions

**INGREDIENTS**

- 1 serving [8 fl oz] of beverages, water, tap, well [237 g]
- 2 tbsps of yeast, baker's, active dry [24 g]
- 1 serving [8 fl oz] of Lukewarm water, think bath temperature 37 grades C [237 g]
- 2 tsps of yeast, active dry [8 g]
- 4 grams of inulin
- 3 tsps, whole of seeds, flaxseed [10 g]
- 200 grams of nuts, almond flour
- 45 grams of coconut powder
- 40 grams of ground psyllium husk
- 3 grams of salt, table
- 1 tsp of oil, olive, salad or cooking [5 g]
- 4 grams of vinegar, cider

**COOKING METHOD**

- <sup>10</sup> Preheat oven to 350°F/180°C. Line a large baking sheet with parchment paper. Set aside. In a medium-sized bowl, prepare the yeast mixture, combine lukewarm water, dried yeast, and inulin. Set aside 10 minutes. In another large mixing bowl, whisk all the flour: almond flour, coconut flour, flaxseed meal, psyllium husk, and salt. Pour the yeast mixture, olive oil, and apple cider vinegar into the flour bowl. Combine with a spoon at first, then lightly oil your hands and knead the dough for at least 2 minutes. The dough is very wet at first and dries out as you go. It should stay soft, slightly sticky, but not overly wet. If so, add more husk, up to 1 tablespoon, until the dough is soft and holds as a ball. Form a dough ball, slightly oil the outside of the dough ball with olive oil and cover the mixing bowl with a towel. Set aside 30 minutes. Divide the dough ball into 2 equal portions and shape each portion into a long loaf (about 8-inch/20cm long and 1.5 inches in diameter), with pointed ends to look like a French baguette. Disney+ Sponsored by Disney+ Encanto es magia Disney Una nueva aventura musical con canciones de Carlos Vives, ya disponible en Disney+. SEE MORE Place each baguette onto the prepared baking tray, leaving a 2-thumb space between each baguette. Using a sharp knife to make 4 elongated slashes on each baguette. Bake in preheated oven for 40-50 minutes or until brown and crusty. Cool down on a rack before slicing. The crust will soften with time, but you can toast baguette slices in the bread toaster before serving. Each baguette can be sliced into 6 equal slices of about 45g/1.6 oz each. Nutrition panel is for 1 slice.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (270 g)	% DRI
ENERGY	217 kcal	587 kcal	29 %
FAT	17 g	46 g	71 %
FATTY ACIDS, TOTAL SATURATED	3 g	7 g	37 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	165 mg	446 mg	19 %
CARBOHYDRATE	12 g	32 g	11 %
SUGARS	3 g	9 g	—
FIBER	6 g	17 g	68 %
PROTEIN	8 g	22 g	—