

MULTI-USE BREAD MIX RECIPES

“Who knew making Grain-Free Bread could be so easy!”

IMPORTANT NOTES & TIPS:

- It's best to use a kitchen scale whenever possible. If you don't yet own a scale, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, always gently press down on the mix in the measuring cup and add more to fill the cup, as necessary. When measured this way, each cup of Baking Mix should weigh approximately 125g.
- The liquid egg whites in the carton are easy to use when the recipe calls for several egg whites.
- Glass pans take longer to come to temperature than metal pans, so you may want to adjust the baking time.
- Convection ovens bake approx. 25 degrees hotter than ovens without a circulating fan.
- Test your oven with an oven thermometer to see if your oven is baking to temperature.
- Ovens and pans vary, so baking times may need to be adjusted, however it is always best to bake the breads long enough and cover them towards the end, if they are looking dark.
- For a softer crust, store in a plastic bag, and for a crispier crust store in a paper bag.
- Re-crisp the crust in a 400° oven for about 10 minutes.
- Breads will keep 7-10 days refrigerated or, frozen up to a year.

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Light-as-Air Sandwich Bread Makes 1 loaf.



NOTE: It's best to use a kitchen scale whenever possible. If you don't yet own a scale, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, *always* gently press down on the mix in the measuring cup and add more to fill the cup, as necessary. **1 C Mix weighs approx. 125g.**

TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe
2. A stand mixer is preferred. If mixing by hand, let the dough rest 10 minutes before adding to pan.
3. This is a very loose dough. A hand-held mixer can be used if it has a *very* low setting.
4. We like to bake this Sandwich Loaf in a pan like the one on our website (7 x 3 x 3). If using a larger size loaf pan (approx. 8 x 5 x 3) we recommend

making more dough (*see below) and increasing the baking time by 15-20 minutes.

5. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

1 1/2 C **MULTI-USE BREAD MIX** (187g)

2 C Egg Whites (480g)

DIRECTIONS:

Pre-heat your oven to 400°F and line or grease your *loaf pan.

1. Add the Egg Whites to the bowl of your stand mixer.
2. Add the Dry Mix and mix on low for 5 minutes.
3. Use a spatula to transfer the dough into your prepared pan.
4. Smooth the top of the loaf.
5. Loosely create a 'tent' with aluminum foil over the bread pan. Don't skip this step!
6. Bake for 1 hour. Remove the foil and continue baking until brown and firm on top, about 15-20 more minutes.

*FOR A LARGER SIZE LOAF PAN use:

2 C (250g) **MULTI-PURPOSE BREAD MIX**

2 2/3 Cups (640g) Egg Whites

1. Follow the directions above using the larger amounts of ingredients.
2. Extend the baking time to about 80-90 minutes.

Parker House Rolls

Makes 9 rolls



NOTE: It's best to use a kitchen scale whenever possible. If you don't yet own a scale, these recipes are based upon 'lightly packed' measuring cups, so whether you use the 'dip and sweep' method of measuring or the 'spooning into the cup' method, *always* gently press down on the mix in the measuring cup and add more to fill the cup, as necessary. **1 C Mix weighs approx. 125g.**

TIPS:

1. Liquid egg whites in the carton work good in this recipe.
2. We like to use our stand mixer for mixing these, but you can also mix by hand.
3. Store in a plastic bag.

INGREDIENTS:

- 1 C **MULTI-USE BREAD MIX** (125g)
- 1 1/2 C Egg Whites (360g)
- 2 T Melted Butter (30g)
- 1/4 t Salt (omit if using salted butter)
- 1 T **S'WEEET!** or another granulated sweetener (optional)

DIRECTIONS:

Pre-heat your oven to 375°F.

1. Add all the ingredients to the bowl of your stand mixer.
2. Mix on low for 5 minutes, stopping to scrape the sides of the bowl as needed.
3. Let the dough rest for 10 minutes. It's a very 'loose' dough.
4. Use an ice cream scoop to mound 9 dollops of batter into the prepared pan.
5. Bake for about 30-35 minutes, until the tops are just browning.
6. Brush the tops with butter when they come out of the oven.
7. Best served warm.

Artisan Breads

Makes 1 large loaf or 2 baguettes, or smaller rounds



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TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. Bake thoroughly, cover the top with parchment paper towards the end of baking, if necessary, but don't remove from the oven early.
3. This bread is a little more dense than the [Light-as-Air Sandwich Loaf](#).
3. For a softer crust, store in a plastic bag, and for

a drier crust store in a paper bag.

4. Re-crisp the crust in a 400°F oven for about 10 minutes.

6. Breads will keep 7 - 10 days refrigerated or frozen up to a year.

INGREDIENTS:

2 1/2 C **MULTI-USE BREAD MIX** (313g)

1 1/2 C Egg Whites (360g)

1 C minus 2 T Room Temperature Water (210g)

1 T Apple Cider Vinegar (15g)

DIRECTIONS:

Pre-heat your oven to 400°F. The bread dough can be shaped and baked on a sheet pan ('free-form' or 'rustic' loaf) or in a regular size loaf pan (approx. 8 x 5 x 3). For a more 'sandwich bread shape' use a smaller pan like the one on our website (7 x 3 x 3).

1. In a large bowl, combine the wet ingredients.
2. Measure and add the dry mix to the bowl of liquids and use your fingers to briskly 'whisk' to combine.
3. Cover and let the dough rest 15 minutes, then use your hands to knead and squeeze the dough for about 60 seconds. The dough will tighten up as you knead it.
4. Use damp hands to shape and smooth the loaf.
5. For rustic breads, shape them into one round or two smaller round loaves. For baguettes, roll dough into two long tubes and place it into a baguette pan.
6. Sandwich Loaves will bake for about 82-86 minutes. One Rustic Loaf about 76-80 minutes or two Baguettes about 48-52 minutes.
7. Cover with parchment if over browning.

Dinner Rolls

Makes 8 Rolls



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TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. For a softer crust, store in a plastic bag, and for a drier crust store in a paper bag.
3. Re-crisp the crust in a 400°F oven for about 10 minutes.
4. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

- 2 C MULTI-USE BREAD MIX** (250g)
- 1 1/4 C Water (300g)
- 2/3 C Egg Whites (160g)
- 1 T Apple Cider Vinegar (15g)
- 1 - 2 t of your favorite herb (optional)

DIRECTIONS:

Pre-heat your oven to 375°F.

1. In a large bowl, combine the wet ingredients.
2. Measure and add the dry mix to the bowl of liquids and use your fingers to briskly 'whisk' to combine.
3. Let the dough rest a few minutes to firm up then, knead and squeeze the dough for 30-40 seconds.
4. Use a dough scooper or damp hands to divide the dough into sections 8 sections.
5. Roll each section into balls and place on a lined sheet pan and bake for about 26-30 minutes.

Vegan Bread Dough

Makes 8 Rolls, 4 Burger Buns or 1 small loaf



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TIPS:

1. For the best results without egg whites, we suggest making smaller bread items such as rolls, buns, cinnamon rolls or 2 smaller rustic shaped

loaves or baguette shapes.

2. For lighter, fluffier dinner rolls, increase the water 2-4 T.

3. Bake thoroughly, cover the top with parchment paper if necessary, but don't remove from oven early.

2. For a softer crust, store in a plastic bag, and for a drier crust store in a paper bag.

3. Re-crisp the crust in a 400°F oven for about 10 minutes.

4. Breads will keep 7 - 10 days refrigerated or frozen up to a year.

INGREDIENTS:

2 1/4 C MULTI-USE BREAD MIX (280g)

2 t Baking Powder (optional)

1 1/2 C Water (360g)

1 T Apple Cider Vinegar (15g)

DIRECTIONS:

Pre-heat your oven to 375°F.

1. In a large bowl, combine the ingredients.

2. Measure and add the dry mix to the bowl of liquids and use your fingers to briskly 'whisk' to combine.

3. Let the dough rest at least 15 minutes then knead and squeeze the dough about a minute or 60 squeezes.

4. For dinner rolls, divide the dough into sections 8 sections.

5. Use damp hands to roll each section into balls and place on a lined sheet pan.

BAKE TIMES are approximate depending on your oven:

Dinner Rolls: 28-30 minutes.

Burger Buns: 32-34 minutes

Rustic Loaf: 50-54 minutes

Rustic Farmhouse Stuffing

Makes about 12 servings



TIPS:

1. You can use our already Baked Loaves (on our website) or make your own with our [Multi-Use Bread Mix](#) or [Multi-Use Sourdough Mix](#).
2. Let the slices set out on a rack for a few hours to dry and become a bit 'stale'.
3. You can remove the crusts if you want to, but we think it's more rustic looking with the crusts!

INGREDIENTS:

6 cups torn or cubed Grain Free Planet **Sandwich** and/or **Sourdough Bread**

1 small onion

2 stalks celery

2 large carrots

1 teaspoon each dried parsley and sage (or 1

tablespoon fresh)

1/2 teaspoon sea salt (or to taste)

1/2 teaspoon black pepper

4 T butter

About 2-4 cups broth (veggie, chicken or bone) or more as needed.

2-3 eggs

1/4 cup cream

Variations: Stir in 1/3 cup raisins, dried cranberries, dried and chopped apricots and/or pecans or cooked mushrooms or sausage. Add other seasonings such as rosemary and/or thyme, if desired.

DIRECTIONS:

1. Pre-heat oven to 350°F and butter a large casserole dish.

3. Roughly chop the veggies and sauté in butter a few minutes.

4. Add seasonings and 1 cup of broth to the vegetables, cover, and simmer until tender.

5. Tear the bread into pieces and add to a large bowl.

6. Drizzle and toss the bread with the vegetables and broth, adding more as necessary until all the bread has all been dampened. Let it rest in between adding broth so the bread can absorb the liquids.

7. In a medium-sized bowl whisk together the eggs and cream, pour over the stuffing and toss to coat.

8. Transfer to your casserole dish and bake about 35-45 minutes until the top is brown and crunchy.

Bread Mix Cake Doughnuts

Makes 8 Doughnuts



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Sweeteners vary tremendously and will affect the final outcome of ALL baked goods.

We suggest using our new sweetener blend, **S'WEEET!**, real sugar or a substitute such as Swerve (which is IMO + Erythritol) or Lakanto's Baking Blend, or Mrs. Jones blend (which contains sugar). If you prefer to bake with a liquid sweetener, you will likely need to add an

additional 1 - 4 T **Bakery Mix**. Allulose and kabocha-based sweeteners will make baked goods very soft and not crispy. Erythritol can make them firm and crumblier.

To substitute S'WEEET! for table sugar use 2/3 C (the weight is about the same as 3/4 C of **S'WEEET!**)

INGREDIENTS:

- 1 1/3 C **MULTI-USE BREAD MIX** (208)
- 3/4 C **S'WEEET! Sweetener Blend** (105g)
- 3 Eggs (150g)
- 1/2 C Cream (120g)
- 1-2 t Vanilla

DIRECTIONS:

Pre-heat your oven to 350°F. Butter or spray a donut pan and sprinkle the bottoms with a granulated sweetener (optional). If you don't have a donut pan, use a sheet pan.

1. In a medium-size bowl, combine the **Bread Mix** and sweetener.
2. Make a hole in the center, add the wet ingredients, and whisk until combined.
3. Cover with a towel and let the dough rest for 5 minutes.
4. Use a spatula to press and turn the dough several times as it tightens up.
5. Divide the dough into 6-8 portions and use damp hands to roll into balls, pressing your finger through the center to shape like a donut.
6. OR, fill a piping bag and pipe the dough into the donut shape.
7. Bake 14-16 minutes, until golden brown.
8. Let cool for several minutes in the pans, then turn the pan over and tap on the counter. The donuts should easily fall out.
9. Frost or dust with more granulated sweetener and cinnamon.

Brown Butter Honey Bread

Makes 1 loaf or 2 smaller rounds.



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TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. Bake thoroughly, covering the top with parchment paper if necessary. Removing too early may cause the rise to sink.

INGREDIENTS:

- 2 1/2 C **MULTI-USE BREAD MIX** (313g)
- 1 C Egg Whites (240g)

2 Whole Eggs (100g)

1/2 C Dark Beer or Water (120g)

1/3 C Honey (80g)

1/3 C Brown Butter (80g)

OPTIONAL: 1/2 C dark or gold Raisins (hydrate and strain if very dry)

OPTIONAL: Oats or Hemp Hearts for top

DIRECTIONS:

Pre-heat your oven to 375°F.

1. Add the butter to a small saucepan. Melt, then cook on low for about 3-5 minutes until it turns brown. Set aside to cool.
2. In a large bowl, combine the wet ingredients.
3. Measure and add the dry mix to the bowl of liquids, and whisk or use your fingers to briskly 'whisk' to combine.
4. Cover and let the dough rest 15 minutes, then use your hands to knead and squeeze the dough for about 60 seconds. The dough will tighten up as you knead it.
5. Use damp hands to shape and smooth the loaf.
6. Shape into one oblong/round loaf or two smaller loaves.
7. One Rustic Loaf about 76-80 minutes or two Baguettes about 48-52 minutes.
8. If necessary, cover loosely with parchment paper towards the end to prevent over-browning.

Soft & Fluffy Hawaiian Rolls

Makes 9 Rolls



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TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. SWEETENERS VARY tremendously and will affect the outcome of baked goods.
3. You can substitute table sugar for S'WEEET, however, we have not tested other sweeteners in

this recipe.

INGREDIENTS:

- 1 C Egg Whites (240g-about 8 lg)
- 2 T **S'WEEET! Sweetening Blend** (15g) *See below for substitutions.

- 1 C + 2 T **MULTI-USE BREAD MIX** (140g)
- 2 T Egg White Powder
- 2 t Baking Powder
- 1/2 C Pineapple Juice (120g)
- 4 Egg Yolks (80g)
- Butter to brush the rolls after baking

DIRECTIONS:

Pre-heat your oven to 350°F and butter or line an 8x8 glass pan (metal will over brown the bottoms).

1. Whip the egg whites until stiff peaks form, sprinkling in the sweetener once they become frothy.
2. In a medium-size bowl stir together the **BREAD MIX** with egg white powder and baking powder.
3. Stir in the pineapple juice and egg yolks.
4. Gently whisk in about 1/3 of the egg whites.
5. Fold in the rest of the egg whites making a 'fluffy' batter.
6. Use an ice cream scoop to mound 9 dollops of batter into the prepared pan.
6. Bake for about 25-30 minutes, until tops are brown.
7. Open the oven door and let them rest another 15 minutes.
8. Brush the tops with butter when they come out of the oven.

'Cinnful' Cinnamon Rolls



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INGREDIENTS:

2 C **MULTI-USE BREAD MIX** (250g)
2 Whole Eggs (100g)
2 Egg Whites (60g)
1 1/3 C Milk (320g)
1 T Apple Cider Vinegar (15g)

FILLING:

1/3 C each Melted Butter and Sweetener
1/4 C Cinnamon

DIRECTIONS:

Pre-heat your oven to 350°F. Butter an 8" or 9" square or round pan or use a muffin tin.

1. In a medium-size bowl, whisk together the milk and vinegar. Whisk in the eggs and egg whites, adding a pinch of sweetener if you like.
2. Whisk in the dry mix and let the batter rest for 15 minutes.
3. While the batter rests, in a small bowl, stir together the melted butter, sweetener and cinnamon and set aside to cool a bit.
3. Use your fingers to stir and mix the batter until a soft dough forms, then use a spatula to press and turn the dough several times to firm up.
4. Use the spatula to transfer to your work surface and onto a piece of cling wrap.
5. Wet your hands and sprinkle a little water over the dough and cling wrap. Use your hands to roll into a log-shape and cover with more cling wrap.
6. Press or use a rolling pin to shape into a rectangle about 7 x 13 inches. Remove the top piece of cling wrap and spread the dough with the cinnamon mixture. If it firmed up too much warm it a second in the microwave.
7. Use the edge of the bottom piece of cling wrap to help you roll the dough into a log. Cut into 8 - 9 sections and bake for 40 - 44 minutes. Note that metal pans may have a shorter bake time.

Burger & Sandwich Buns Makes 6-8 large buns or 12 slider buns.



1 C Egg Whites (240g)
1 1/2 C Room Temperature Water (360g)
3 T Apple Cider Vinegar (45g)

DIRECTIONS:

Pre-heat your oven to 375°F.

1. In a large bowl, combine the wet ingredients.
2. Measure and add the dry mix to the bowl of liquids and use your fingers to briskly 'whisk' to combine.
3. Cover and let the dough rest a few minutes, then use your hands to knead and squeeze the dough for about 40 seconds (or about 40 squeezes). The dough will tighten up as you knead it.
4. Use damp hands to divide the dough into 6-12 sections, depending on the size buns you want.
5. Roll into balls and press into a patty for wider, thinner buns, or leave more rounded for taller buns. Shape into fat cigar shapes for hotdog buns.
6. Place on a lined sheet pan and bake about 26-30 minutes.

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TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. For a softer crust, store in a plastic bag, and for a drier crust store in a paper bag.
3. Re-crisp the crust in a 400°F oven for about 10 minutes.
4. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

2 1/2 C **MULTI-USE BREAD MIX** (313g)

Jalapeno Cheese Bread

Makes 1 large loaf or 2 smaller rounds.



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TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. For a softer crust, store in a plastic bag, and for a drier crust store in a paper bag.
3. Re-crisp the crust in a 400°F oven for about 10 minutes.
4. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

- 2 1/2 C **MULTI-USE BREAD MIX** (313g)
- 1 1/2 C Egg Whites (360g)
- 1 C minus 2 T Room Temperature Water or Beer (210g)
- 1 T Apple Cider Vinegar (15g)

ADDITIONS:

- 2 C Shredded Cheddar
- 1/4 C Sliced Jalapeno Peppers
- 1/4 Soft Butter
- 1 t Garlic Powder

DIRECTIONS:

Preheat oven to 400°F and line a sheet pan with parchment paper.

1. In a large bowl, combine the wet ingredients.
2. Add the dry mix to the bowl of liquids and use your fingers to briskly 'whisk' to combine.
3. Cover and let the dough rest for 15 minutes.
4. Use your hands to knead and squeeze the dough for about 60 seconds. The dough will tighten up as you knead it.
5. In a small bowl, stir together the ADDITIONS and add them to the dough.
6. Knead the additions into your dough and shape into a loaf.
7. Bake one Rustic Loaf about 76-80 minutes or two smaller loaves about 48-52 minutes.

Baguettes

Makes 2-3 Baguettes.



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BREAD TIPS:

1. The bread dough can be shaped and baked on a sheet pan, however, if you own a baguette pan it will keep its shape better.
2. The liquid egg whites in the carton are easy to use in this recipe.
3. Cover the top with parchment paper, if necessary, but don't remove from oven too early.
4. For a softer crust, store in a plastic bag, and for a drier crust store in a paper bag.

5. Re-crisp the crust in a 400°F oven for about 10 minutes.
6. Breads will keep 7-10 days refrigerated or frozen up to a year.

INGREDIENTS:

- 2 1/2 C **MULTI-USE BREAD MIX** (313g)
- 1 1/2 C Egg Whites (360g)
- 1 C minus 2 T Room Temperature Water (210g)
- 1 T Apple Cider Vinegar (15g)

DIRECTIONS:

Pre-heat your oven to 400°F.

1. In a large bowl, combine the wet ingredients.
2. Measure and add the dry mix to the bowl of liquids and use your fingers to briskly 'whisk' to combine.
3. Cover and let the dough rest 15 minutes, then use your hands to knead and squeeze the dough for about 60 seconds. The dough will tighten up as you knead it.
4. Use damp hands to roll, shape and smooth the loaf.
5. For Baguettes, portion and roll dough into long tubes and place into a baguette pan or on your sheet pan.
6. Bake Baguettes about 40-50 minutes depending on the size you make.

Irish Potato Bread with Caraway

Makes 1 large loaf or 2 smaller rounds.



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BREAD TIPS:

1. The liquid egg whites in the carton are easy to use in this recipe.
2. Bake thoroughly, covering the top with parchment paper if necessary. Removing it too early may cause the breads rise to sink.
3. For a softer crust, store in a plastic bag, and for a drier crust store in a paper bag.
4. Re-crisp the crust in a 400°F oven for about 10 minutes.

5. Breads will keep 7-10 days refrigerated or frozen up to a year.

WET INGREDIENTS:

- 1 large Russet Potato, baked (300g)
- 1 1/2 C Egg Whites (360g)
- 3/4 C Room Temperature Water or Light Beer (180g)
- 2 T Apple Cider Vinegar (30g)

DRY INGREDIENTS:

- 2 C **MULTI-USE BREAD MIX** (250g)
- 2 t Baking Powder
- 1/2 t Sea Salt
- 1 T Caraway Seeds

DIRECTIONS:

Preheat oven to 400°F and line a sheet pan with parchment paper.

1. Remove the flesh of the potato and mash with a fork or put through a ricer or food processor.
2. Add the potato with the rest of the wet ingredients to a large bowl.
3. In a smaller bowl, combine the dry ingredients.
4. Add the dry ingredients to the bowl of liquids and use your fingers to briskly 'whisk' to combine.
5. Cover and let the dough rest 15 minutes.
6. Use your hands to knead and squeeze the dough for about 60 seconds.
7. Shape and place on your sheet pan (or divide in half and make two loaves). Score an X on the top with a knife.
8. Bake one loaf about 76-80 minutes or two smaller loaves about 48-52 minutes.