



Low-Carb Gluten-Free Yeast Bread Recipes to Slim By

Em Elless

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Bake bread in the summertime? Absolutely, when the preparation time is fast, the oven time short and the bread is a nutritious meal all by itself. With recipes like Nut and Seed bread, Focaccia or the Italian Cheese Ring, enjoy with a glass of wine or a side salad and we are happy summer campers. All recipes are low-carb and gluten-free for the many with gluten intolerance; no kneading - just whip together with a mixer, pour into a pan, let rise 1 hour and bake.

This breakthrough yeast bread cookbook from the author of "Muffins to Slim By" features streamlined recipes that contain no starches, no wheat flours, no vital wheat gluten, no sorghum or rice flours, no potato or oat flours - products that low-carb dieters try to avoid either for weight loss or because they are diabetic (or don't want to become diabetic!). We have learned the hard way that starches and certain flours pile on the pounds and spike blood sugar levels.

If your diet allows egg whites and whey protein, you can quickly create melt-in-your-mouth yeast breads like Raised Glazed Doughnuts, light and chewy French-style bread, English Muffins, savory loaves of Rye and Pumpernickel or golden Challah - all high in protein, fiber and nutrients, all using just a handful of the lowest low-carb products available. "Low-Carb Gluten-Free" is no longer an oxymoron!

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