



Dieting Hints



Eating Bread On A Low-Carb Diet

(NAPSA)—Cutting carbs does not have to mean slicing bread and sandwiches out of your diet. The key, dietitians say, is to eat breads made from whole grains and high in fiber.

The news centers around what's called a "net carb count." The net carb count is the difference between the total carb count of a food and the amount of fiber per serving of that food. The lower the net carb count, the better the food is for carb-cutting dieters.

High fiber, whole grain breads have low net carb counts. (They're also good sources of folic acid, B vitamins, magnesium and chromium.) That means the right kinds of breads won't be bad for low-carb diets—and some of those breads can be made at home.

Carb-cutting home bakers will be happy to know they can use products such as SAF SmartYeast® to keep carb counts low. The yeast requires no additional sugars to activate and is highly active in dough with zero percent sugar.

Try this recipe for low-carb sandwich bread. It has less than 10 grams of carbs per slice.

Low-carb Sandwich Bread

Ingredients

- 1½ cups water
- 2 eggs
- 2 teaspoons lemon juice
- 2 tablespoons vegetable oil
- 1 tablespoon liquid lecithin
- ¼ cup cold butter (cut in small pieces)
- 2 teaspoons salt
- ¼ cup Splenda
- 3 tablespoons psyllium husks



Your Hero—High fiber, whole grain breads aren't necessarily bad for low-carb diets.

- ¾ cup oat bran
- ¼ cup rice bran
- 3 tablespoons oats
- 3 tablespoons nutritional yeast
- 1 cup vital wheat gluten
- 2 cups bread flour
- 1 packet (¼ ounce) SAF SmartYeast®

Combine yeast, 1 cup bread flour and all the other dry ingredients. Combine water, lemon juice, vegetable oil, and liquid lecithin; heat to 120 to 130°F. In large mixing bowl, combine dry mixture, butter, liquid ingredients and room temperature eggs. Blend on low speed until moistened. Beat 3 to 5 minutes on medium speed. Mixture will be stiff like cookie dough. By hand, stir in enough remaining flour to make a soft dough. Knead on floured surface 5 to

7 minutes or until smooth and elastic. Use additional flour if necessary, but try to keep the dough as soft as possible so it will expand easily during the rising times. Place dough in lightly oiled bowl and turn to grease top. Cover; let rise until 40 minutes. Punch down and form into loaf. Place in greased 9- x 5-inch loaf pan. Cover; let rise until indentation remains after lightly touching. Bake in preheated 350°F oven 50 to 60 minutes. Remove from pan; cool on rack.

Bread Machine Method makes 1½ lb. loaf

Have all ingredients at room temperature except cold butter. Place in pan in order listed. Select Whole Wheat Cycle.

For more information visit www.safyeast.com.