

# PSMF Bread Egg White Bread



This recipe is based on Maria Emmerich's Easiest Protein Sparing Bread recipe.

Egg white powder is found on keto chow website under "BOTTLES & MORE" category (enter lowcarb revelation discount code) [Keto Chow Egg White](#) you can also find it [here](#)

Here is [Allulose](#)

Here is [Egg yolk powder](#)

You will get the best result in texture if you weight the egg powders on a scale accurately. The texture is much better when weighed out vs. measuring.

1 1/2 cups of water (354ml)

120g egg white protein powder (1 1/2 cups)

1/2 tsp cream of tartar

1/2 tsp salt

1/4 -1/2 cup allulose (36g) the more allulose you add the softer the bread

6g egg yolk powder (1 tablespoon)

Preheat the oven to 325 degrees. Add the water to the bowl of your stand mixer and then add in the egg white powder, cream of tartar, salt and allulose. Start the mixer with the whisk attachment on low speed. Gradually increase the speed until full. Mix on full speed for 5 minutes. Reduce speed to low, add in the egg yolk powder and mix just until combined and no lumps are left. Spread the batter into a parchment paper lined loaf pan. Bake in the preheated oven for 40 minutes. Remove from the oven and allow to cool in the pan on a wire rack for about 10 minutes. Remove from the pan and allow to rest on the wire rack until completely cool to the touch. Slice and enjoy.

One Slice Macros: Total Carbs 0.1g, Fat 0.5g, Protein 6.6g, 38 calories





