



Paleo French Bread

Active Time: 30 minutes | **Total Time:** 3 hours | **Serves:** 12

Nutrition Information Per Serving

109.8 calories, 14.65 g carbohydrate, 1.8 g fiber, 12.85 g NET carbs, 1.72 g protein, 5.52 g fat

Ingredients

- 3/4 tsp(s) Real Salt
- 5 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 2 Tbsp(s) Spectrum Organic Shortening
- 3/4 cup(s) Bob's Red Mill Almond Meal/Flour
- 20 Tbsp(s) Bob's Red Mill Tapioca Flour
- 1/2 Tbsp(s) raw honey
- 1 cup filtered water
- 1/2 tsp(s) non-aluminum baking powder
- 2 tsp(s) active dry yeast

Preparation

1. In a large bowl add the almond flour, tapioca flour, coconut flour, sea salt and baking powder. Whisk well to combine.
2. In a saucepan, melt the palm shortening.
3. Heat the water and bring to 110 degrees F. Add the yeast and honey and let proof for 10 minutes. You should get a nice foamy head. If not, dump it and start over.
4. Stir the melted shortening into the proofed yeast mixture.
5. Slowly pour the water into the flour mixture, stirring well with a silicone spatula to combine.
6. Cover with a warm, damp cloth and let rise for one hour in a warm place.
7. Place risen dough onto a lightly floured pizza peel and shape into a baton (or french bread loaf). Using a sharp, serrated knife, make $\frac{1}{4}$ inch deep diagonal slices across the top of the bread.
8. Cover with a cloth and let the dough rise again for 1 hour.
9. Meanwhile, preheat the oven to 375 degrees and place your pizza stone in the oven to preheat for at least 30 minutes. The hot stone will help your bread get a good "spring" and a nice, chewy crust.
10. Slide the risen bread carefully onto the preheated stone and bake 33 to 38 minutes.
11. Carefully remove the baked bread from the oven and let cool on the pan.
12. Once cooled, slice the bread with a serrated knife.

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