



Crusty Paleo Boule

Active Time: 10 minutes | **Total Time:** 3 hours | **Serves:** 16

Nutrition Information Per Serving

82.8 calories, 11.47 g carbohydrate, 3.13 g fiber, 8.34 g NET carbs, 1.88 g protein, 3.53 g fat

Ingredients

- 1 cup Bob's Red Mill Almond Meal/Flour
- 16 Tbsp(s) Bobs Red Mill Arrowroot Starch
- 5 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 1 tsp Real Salt
- 2 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 1 1/2 Tbsp(s) Nutiva Organic Chia Seeds
- 1 1/4 cup(s) filtered water
- 2 tsp(s) organic maple syrup
- 2 tsp(s) active dry yeast

Preparation

1. In a large bowl, whisk together the almond flour, arrowroot flour, coconut flour and sea salt. Set aside.
2. Heat water to 105 – 110 degrees F. Add 2 tsp. maple syrup and stir. Add the yeast and let it stand 10 minutes. The yeast should bubble or foam – if it doesn't – start over.
3. Grind chia and psyllium powder in a coffee grinder. Stir into the yeast mixture. Let stand 1 minute to thicken, then whisk.
4. Pour the thickened yeast-chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute.
5. Put kneaded dough back in the bowl, cover with a damp kitchen towel and place in a warm spot to rise for one hour.
6. Preheat the oven to 425 degrees F. Place a pizza stone in the oven to preheat.
7. Divide dough into two balls. Place dough ball on a square of parchment or a pizza peel. Oil your hands and shape into nice rounded loaves (it will rise in the oven, so you may want to flatten the loaf a bit). Use a serrated knife to cut a tic-tac-toe pattern on the top.
8. Slide the prepared boule onto the preheated stone. Bake for 1 hour and 10 minutes or until internal temperature reaches 200-210 F.
9. Let cool completely on a wire rack. (Note: Not fully cooling results in a gummy texture.)
10. When completely cooled, store in an airtight container. To re-crisp crust, toast or reheat in a 375 F degree oven for 5-10 minutes.

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