



Stout Rye-less Bread or Rolls

Active Time: 10 minutes | Total Time: 1 hour | Serves: 16

Nutrition Information Per Serving

76.1 calories, 5.52 g carbohydrate, 3.28 g fiber, 2.24 g NET carbs, 3.95 g protein, 4.13 g fat

Ingredients

- 1 package Wellness Bakeries Better Bread Mix
- 8 large(s) egg whites
- 2 Tbsp(s) organic apple cider vinegar
- 2/3 ounce(s) boiling beer
- 1 2/3 Tbsp(s) finely ground caraway seeds

Preparation

1. Preheat oven to 350 F and grease a baking sheet.
2. Heat beer to boiling (no exceptions!)
3. In a medium bowl, combine the egg whites and apple cider vinegar.
4. Add Better Bread Mix and 1 Tbsp. caraway seeds and beat on medium-low speed to combine.
5. Pour in boiling beer and blend on medium-low speed for 30-45 seconds as dough thickens.
6. Use a rubber spatula to divide dough into 16 equally-sized balls (for dinner rolls), 8 balls for hoagie rolls, or 2 balls for boule. (NOTE: Shape as desired, but do not exceed $\frac{3}{4}$ inches in height. Dough will double or triple in size when baked)
7. Place on the greased baking sheet.
8. Bake dinner rolls for 45 minutes, hoagie rolls for 1 hour and boule (round loaf) for 1 hour and 15 minutes.

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