



Keto Garlic Bread

Active Time: 30 minutes | **Total Time:** 2 hours | **Serves:** 16

Nutrition Information Per Serving

184.4 calories, 6.17 g carbohydrate, 3.36 g fiber, 2.81 g NET carbs, 6.16 g protein, 17.25 g fat

Ingredients

- 2 tsp(s) Jarrow Inulin
- 1 package Miracle Bread Mix
- 6 clove(s) garlic, minced
- 2 Tbsp(s) extra virgin olive oil
- 1/2 cup(s) filtered water
- 3 large(s) pastured eggs
- 8 Tbsp(s) grass-fed butter, melted
- 1 ounce Parmesan cheese
- 1 Tbsp apple cider vinegar
- 2 tsp(s) active dry yeast
- 1/4 cup(s) organic sour cream
- 2 Tbsp(s) fresh parsley, finely chopped

Preparation

1. Line the bottom of a French bread pan with unbleached parchment paper. Add the yeast and 2 tsp. inulin to a large bowl. Heat water to 105°F - 110°F (41°C - 43°C) and pour over yeast. Cover with a kitchen towel to bloom for 7 minutes.
2. In another bowl, whisk the eggs, vinegar, sour cream and 4 Tbsp. melted butter. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine.
3. Pour in the Miracle Bread Mix and beat on medium speed to fully combine. Let stand 5 minutes to absorb liquid.
4. Divide loose dough in half to make two baguettes. Using wet hands, scoop batter onto prepared pan and shape, gently smoothing the surface. For a shiny, golden crust, gently brush with egg wash. Then using a serrated knife or lame cut 3-4 diagonal slashes across the top.
5. Cover with a kitchen towel and place in a draft-free area to rise for 50 minutes. Your bread will rise roughly 1-2 inches. While your bread is rising, preheat oven to 350°F (177°C). Transfer risen bread to oven and bake 25-35 minutes or to internal temperature of 205°F (96°C). (To prevent over-browning, cover loosely with aluminum foil in the last 15 minutes)
6. Let baked bread cool completely before slicing.
7. Cut loaves in half lengthwise. Crush garlic cloves. Grate Parmesan. Chop parsley.
8. In a small bowl, combine remaining butter, olive oil and garlic.
9. Toast cut loaves to golden. Spread the butter-garlic-oil mixture evenly over the toasted baguettes. Top with Parmesan and parsley.
10. Return to oven and broil for 30 seconds - 1 minute to melt cheese.
11. Serve immediately.

