



Golden Keto Boule

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

Nutrition Information Per Serving

153.9 calories, 6.09 g carbohydrate, 3.54 g fiber, 2.55 g NET carbs, 5.87 g protein, 13.93 g fat

Ingredients

- 1 package Miracle Bread Mix
- 2 tsp(s) Bob's Red Mill Xanthan Gum
- 2 tsp(s) Jarrow Inulin
- 1/2 tsp(s) Maldon Smoked Sea Salt Flakes
- 4 Tbsp(s) organic sour cream
- 3 large(s) pastured eggs
- 4 ounce(s) organic cream cheese
- 2 tsp(s) active dry yeast
- 1 Tbsp organic apple cider vinegar
- 1/4 cup(s) filtered water
- 2 1/2 Tbsp(s) extra virgin olive oil

Preparation

1. Line a large pizza stone with unbleached parchment paper and drizzle with oil.
2. Add the yeast and 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. If yeast does not produce foam, start over.
3. In another bowl, whisk the eggs, vinegar, sour cream, cream cheese and olive oil.
4. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine. Pour in the Miracle Bread Mix and xanthan and beat on medium to fully combine. Let stand 2-3 minutes to allow water to absorb and batter to thicken.
5. Scrape batter onto parchment paper and divide in half. Wet your hands and smooth each dough ball into a round, slightly domed shape. For a shiny, golden crust, gently brush with egg wash. Cut three small slits across the top with a sharp knife or lame.
6. Cover with a kitchen towel and place in a draft-free area to rise for 50 minutes.
7. Preheat oven to 350°F (177°C). Sprinkle boules with flaky sea salt and transfer to the oven. Bake 35-40 minutes to golden.
8. Cool in the pan on a wire rack for 10 minutes, then transfer to a wire rack to cool completely.

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