



## Keto-Friendly Paleo Bruschetta

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

### Nutrition Information Per Serving

178.8 calories, 6.54 g carbohydrate, 3.3 g fiber, 3.24 g NET carbs, 5.84 g protein, 16.58 g fat

### Ingredients

- 1 package Miracle Bread Mix
- 2 tsp(s) gelatin
- 3 large(s) pastured eggs
- 4 Tbsp(s) grass-fed butter, melted
- 1/2 cup(s) filtered water
- 1 Tbsp apple cider vinegar
- 2 tsp(s) active dry yeast
- 1/4 cup(s) organic sour cream
- 3 medium(s) organic tomatoes
- 3 clove(s) fresh garlic
- 5 Tbsp(s) extra virgin olive oil
- 8 leaves(s) fresh organic basil
- 1/2 tsp(s) sea salt
- 1/2 Tbsp(s) organic balsamic vinegar

### Preparation

1. Line a French bread pan with unbleached parchment paper.
2. Add the yeast and 2 tsp. sweetener\* (maple syrup or honey) to a large bowl. Heat water to 105 F - 110 F and pour over yeast. Cover with a kitchen towel to bloom for 7 minutes.
3. In a medium bowl, whisk the eggs, vinegar, sour cream and melted butter.
4. Add the wet ingredients into the yeast mixture. Using a hand held mixer, beat to combine.
5. Pour in the Miracle Bread Mix and gelatin and beat on medium speed to fully combine. Let stand 5 minutes to absorb liquid.
6. 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.
7. 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.
8. While your bread is rising, preheat oven to 350 F. Transfer risen bread to oven and bake 25-35 minutes or to internal temperature of 205 F. (To prevent over-browning, cover loosely with aluminum foil in the last 15 minutes)
9. While bread bakes, make the bruschetta.
10. Using a serrated knife, finely dice the tomatoes. Mince or press the garlic. Use a sharp knife to chiffonade the basil.
11. Add the tomatoes, garlic and basil to a medium glass bowl. Add the sea salt, 4 Tbsp. olive oil, and vinegar. Stir to coat. Let stand at room temperature to allow the flavors to meld.
12. Let baked bread cool in the pan on a wire rack for 30 minutes. Then remove from pan and cool completely on wire rack before slicing.
13. Slice the baguette on the bias. Place slices directly on the oven grate and toast lightly. This helps to prevent the bread from becoming soggy.

14. Place toasted baguette slices on a serving tray and top each with 1 Tbsp. tomato-basil mixture and drizzle with remaining olive oil.
15. Serve.

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