

## LOW PRO BREAD, PIZZA, SHELLS, ROLLS, BAGELS, PITA BREAD, PRETZEL

Recipes from Taste Connection.com

**Bread Mix:** [TC - LOW-PROTEIN BREAD MIX](#) - A low-protein bread mix that can be used to make bread, pizza shells, rolls, bagels, pita bread, pretzels, etc

### Basic Mixture

#### Ingredients:

These are the ingredients for all of the following recipes. Directions will vary.

Water, warm	1 cup (225 ml) + ¼ cup
Brown sugar + dark corn syrup	1 Tbsp + 1Tbsp
Molasses	¼ tsp (improves color)
Active dry yeast	1 package (1 ½ tsp or 7 grams)
Taste Connections™ Bread Mix	3 ¼ cups (350 grams)
Olive oil	1 Tbsp
Herbs of choice (optional – great for pizza dough)	To taste
Garlic powder (optional – great for pizza dough)	½ tsp

### ALL METHODS:

1. Combine ½ cup warm water, dry yeast, brown sugar, molasses and the corn syrup, and mix well.
2. Leave it to get frothy, about 5 minutes.
3. Add the rest of the water to the frothy mixture.

### Bread

After following the recipe for the basic mixture; choose one of the following methods

#### BREAD MACHINE METHOD: Removable bread-pan

1. Add the dry ingredients and the wet ingredients into the bread-baking pan according to the bread machine manufacturer's instruction. The dough should be really sticky, if not add more water.
2. Set the machine at dough cycle and switch it on with the dough in the pan. Preheat the oven to 375 - 400 ° F.
3. Once the dough cycle is complete take out the pan from the machine (if it is removable) and brush the top of the risen dough with melted butter (it improves color of the crust)
4. Place bread pan itself in the center of the preheated oven. Bake for 20 - 25 minutes. (Bread is baked if it sounds hollow when tapped).
5. Remove the bread from the pan and leave it to cool covered with a towel. The bread slices even better if sliced after a few hours.

BREAD MACHINE METHOD: Fixed bread-pan

1. If the bread machine pan is not removable, take the dough out of the bread pan after 20 minutes into the dough cycle.
2. Fill a greased 1-pound bread pan with the dough, cover and leave it to rise for approximately 45 – 60 minutes or until the dough is risen to the top of the loaf pan. Brush the top of the risen loaf with melted butter (it improves color of the crust)
3. Preheat oven and bake at 375 - 400 degrees F for 22 – 25 minutes (bread is baked if it sounds hollow when tapped).
4. Remove from pan, cover with a cloth towel immediately, and leave it to cool completely. (If cooled inside a plastic bag it makes the bread very soft)

MANUAL METHOD:

1. In a large bowl, combine bread mix, oil, herbs and garlic powder (if using), and the frothy yeast mixture. Beat with a wooden spoon or dough hook until mixture forms a very sticky and not dry or stiff dough. If the dough is not sticky add more warm water. It should be so sticky that you can't handle it by hand.
2. Cover the bowl with saran wrap tightly and let the dough rise for 20 minutes in a warm place.
3. Remove the dough and fill a greased 1-pound bread pan with it, cover loosely and leave it to rise for approximately 45 – 60 minutes or until the dough is risen to the top of the loaf pan. Brush the top of the risen loaf with melted butter (it improves color of the crust)
4. Preheat oven and bake at 375 - 400 degrees F for 22 – 25 minutes (bread is baked if it sounds hollow when tapped).
5. Remove from pan, cover with a cloth towel immediately, and leave it to cool completely. (If cooled inside a plastic bag it makes the bread very soft). The bread can be sliced and frozen for longer storage. Makes 12-14 slices.

NOTE: If sliced by electric knife you can get 20 thin slices per loaf of bread.

NUTRIENT INFORMATION FOR THE DOUGH:

	KCAL	PROTgm	PHEmg	METmg	LEUmg
<u>Per Recipe</u>	1304	3.79	145	58	227
<u>Per slice</u>					
(14 slices)	99	0.27	10.4	4.1	16.3
(20 slices)	69	0.19	7.2	3	11.3

**Pizza**

The same dough as the above bread can be used to make pizza shells when the dough after the first rise is shaped into 3-4 pizza shells, left to rise for 15-20 minutes, and baked for 3-4 minutes without topping or the tomato sauce in a preheated oven at 450 degrees F. Adding the herbs and the garlic powder makes dough taste great. If you have a pizza stone it makes the crust taste really great. Once you've tasted pizza that was baked on a stone you wouldn't want to taste pizza baked on baking tray. These shells can be cooled and frozen tightly wrapped in foil and stored in a zip lock bag. Or for immediate use, baked shells can be spread with tomato sauce, favorite vegetables and low protein cheese and baked again for 5 more minutes until the toppings are warmed through.

## Rolls

Same dough as above can be used to make rolls. When the dough has risen once for 20 minutes in Step 2, divide the dough into 12- 14 balls and shape them into rolls by rolling between your hands. Leave them to rise for approximately 30 minutes or until well risen to double the size. Bake them in a preheated oven at 400 degrees F for 10 - 15 minutes until brown. If you use a pizza stone instead of a baking tray, it makes the rolls taste really great. Once you've tasted rolls that were baked on a stone you wouldn't want to eat rolls baked on baking tray. Nutrient information per slice or roll varies according to how many pizza slices or rolls are made from the dough.

### English Muffin Recipe

(Makes approximately 20 muffins)

Water (lukewarm)	1 ¼ - 1 ½ cups
Dry yeast	1 Packet or 7 gm
Brown sugar	1 Tbs
Molasses	¼ tsp
Honey	1 Tbs
Instant potato flakes	1 Tbs
Non-Dairy Creamer (dry Powder)	1 Tbs
TC- Bread Mix	3 ½ Cups or 380 gm
Butter (softened)	1 tsp for the dough + for brushing the fry pan

Dissolve brown sugar, molasses, honey and yeast in ¼ cup of warm water for few minutes. Mix the non-dairy creamer, potato flakes, 1 tsp butter and the TC-bread mix together. Gradually beat in the dry bread mixture into the liquid ingredients until smooth and sticky dough is formed. Do not mix for too long, only just until the dough is smooth. Cover with saran wrap and let rise in a warm area, for about 20 minutes. Press dough to a thickness of 1/2 inch and cut out with muffin rings. Let them stand on lightly greased cookie sheet until dough has doubled in bulk (about 40-45 minutes). Carefully slip a thin pancake turner under the muffin rings -and transfer to a medium hot, well-buttered griddle. Remove rings. Cover with a lid and reduce the heat to low. Cook for 5-6 minutes until light brown on one side. Turn once and cook for 5-6 minutes on the other side. Cool on rack. Serve with butter and marmalade.

### Crumpets Recipe:

Follow recipe for English Muffins, but increase water to 2 cups and grease muffin rings before using.

## Egg McMuffin

English Muffin	1 split and lightly toasted
Low-Protein eggs	cooked according to manufacturer's instruction for scrambled eggs
Low-Protein cheese	1 slice

Toast the muffin lightly and add the "egg" and the cheese on top of one half and cover with the other half. Serve warm.

### NUTRIENT INFORMATION FOR THE DOUGH:

	KCAL	PROTgm	PHEmg	METmg	LEUmg
Per Recipe	1304	3.79	199	68	326

## HAMBURGER OR HOT DOG BUN

### Ingredients:

Water, warm	1 cup (225 ml) + ¼ cup
Brown sugar +honey	1 Tbsp +1 Tbsp
Molasses (optional, improves color)	¼ tsp
Active dry yeast	1 package (1 ½ tsp or 7 grams)
Taste Connections™ Bread Mix	3 cups (330 grams)
Butter, melted	1-2 Tbsp
Extra virgin olive oil	1 Tbsp
Instant potato	1 tsp (dried flakes)
Non-dairy creamer	1 tsp (dry powder)

### **Directions (all methods):**

1. Combine ½ cup warm water, dry yeast, brown sugar and the honey, and mix well.
2. Leave it to get frothy, about 5 minutes.
3. Add the rest of the water to the frothy mixture.

## BUNS

After following the above recipe for the basic mixture; choose one of the following methods

### **BREAD MACHINE METHOD**

Put ingredients (except butter) into bread pan. Set machine on dough cycle and start. Remove dough after 20 minutes into the dough cycle and divide into 8 – 10 pieces. Shape each piece into a smooth round ball and flatten the balls with the palm of your hand till they are 4-inches in diameter. Keep tops smooth. Place the rolls on a lightly greased sheet. Cover lightly and set aside to rise till they are very puffy - about 40 minutes. Spread some melted butter on top for a more than colored top. Bake at preheated 350F oven for 15-20 minutes. Watch carefully because each oven and baking pan is different. Remove and cover the rolls in a kitchen towel (cloth) and place them in a gallon-size zip lock bag to cool. Cooling inside the plastic bag makes the buns really soft.

### MANUAL METHOD

In a large bowl, combine baking mix, oil, non-dairy creamer and Potato powder. Now add the frothy yeast mixture. Beat with a wooden spoon or dough hook until mixture forms sticky and not dry or stiff dough. If the dough is not sticky add more warm water. Cover the bowl with saran wrap tightly and let the dough rise for 20 minutes in a warm place.

Divide into 8-10 pieces. Shape each piece into a smooth round ball and flatten the balls with the palm of your hand till they are 4-inches in diameter. Keep tops smooth. Place the rolls on a lightly greased sheet. Cover lightly and set aside to rise till they are very puffy - about 40 minutes. Spread some melted butter on top for a more than colored top. Bake at preheated 350F oven for 15-20 minutes. Watch carefully because each oven and baking pan is different. Remove and cover the rolls in a kitchen towel (cloth) and place them in a gallon-size zip lock bag to cool. Cooling inside the plastic bag makes the buns really soft.

#### NUTRIENT INFORMATION FOR THE DOUGH:

	KCAL	PROTgm	PHEmg	METmg	LEUmg
<u>Per Recipe</u>	1304	3.79	199	68	326

### HOT DOG BUNS

Shape the dough from above into the hot dog bun shape and proceed with the baking as above.

### CINNAMON BUNS OR CINNAMON SWIRL BREAD

#### Ingredients:

Water, warm	1 cup (225 ml) + ¼ cup
Brown sugar +honey	1 Tbsp +1 Tbsp
Molasses (optional, improves color)	¼ tsp
Active dry yeast	1 package (1 ½ tsp or 7 grams)
Taste Connections™ Bread Mix	3 cups (330 grams)
Butter, melted	1-2 Tbsp
Extra virgin olive oil	1 Tbsp
Instant potato + powdered cinnamon	1 tsp (dried flakes) +1 tsp
Non-dairy creamer	1 tsp (dry powder)

Filling: ½ cup brown sugar and ½ tsp powdered cinnamon

#### Directions

1. Dissolve brown sugar, molasses, honey and yeast in ¼ cup of warm water for few minutes.
2. Mix the non-dairy creamer, potato flakes, cinnamon powder, 1 tsp butter and the TC-bread mix together.
3. Gradually beat in the dry bread mixture into the liquid ingredients until smooth and sticky dough is formed. Do not mix for too long, only just until the dough is smooth. Cover with saran wrap and let rise in a warm area, for about 20 minutes.
4. Spray a long piece of plastic wrap with non-stick oil spray.
5. Pat the dough into a rectangle measuring roughly 15"x9". Sprinkle the dough with water.

6. Mix the filling ingredients together and spread evenly on the dough with a 1-inch border without the filling. Using the plastic wrap to help, roll the dough tightly starting from the longer side. Seal the edge by pinching.
7. Using a serrated knife (or dental floss also works), trim the edges and slice the roll into 1" inch pieces. Place the rolls with cut side facing up on a greased baking tray (an inch apart) and cover loosely with plastic wrap.
8. Leave them to rise again in a warm place for 30-45 minutes. After rising, the rolls should have doubled in size and touching each other. Brush them all with melted butter.
9. Bake them at 350 degrees F for 12-15 minutes. Top them with store-bought vanilla frosting. Nutritional information for each roll varies with the number of rolls made with the recipe.

NUTRIENT INFORMATION FOR THE DOUGH:

	KCAL	PROTgm	PHEmg	METm g	LEUmg
<u>Per Recipe</u>	1304	3.79	199	68	326

**Cinnamon Swirl bread**

Instead of shaping the dough into a 15'x9" rectangle, shape into a rectangle that would fit a standard loaf pan. Mix the filling ingredients together and spread evenly on the dough with a 1-inch border without the filling. Using the plastic wrap to help, roll the dough tightly starting from the longer side. Seal the edge by pinching. Transfer to a greased loaf pan and leave to rise in a warm place until the dough domes above the top of the pan. Spread melted butter on top and bake in a 350 degrees F oven for 20 minutes. Remove from pan, cover with a cloth towel immediately, and leave it to cool completely. (If cooled inside a plastic bag it makes the bread very soft). The bread can be sliced and frozen for longer storage. Makes 12-14 slices or more. Nutritional information for each slice varies with the number of slice cut.

NUTRIENT INFORMATION FOR THE DOUGH:

	KCAL	PROTgm	PHEmg	METm g	LEUmg
<u>Per Recipe</u>	1304	3.79	199	68	326