

Joseph's White Bread

1 3/4 cup water
1 packet (7 grams) yeast
1 tablespoon sugar
2 tablespoons oil
1 box Loprofin (500 grams)
1/2 teaspoon salt
1 tablespoon Metamucil
1 tablespoon powdered creamer



Heat water, yeast, sugar and oil in a bowl in the microwave for one minute. In a separate bowl combine Loprofin, salt, Metamucil and powdered creamer. Add yeast mixture to Loprofin mixture and mix well. Dough should be the consistency of thick frosting. Scrape into greased loaf pan.

Let mixture rise for 30-45 minutes or until dough has risen 1 1/2 -2 inches over pan. Bake at 425 degrees for 35 minutes. Place pan on cooling rack and butter the top with Nucoa (it will brown as it cools). Cool several minutes then remove from pan to continue cooling on the rack. Let bread cool completely before cutting or storing. Cut in to 15 slices.

Phe per recipe: 176 mg

Phe per slice: 12 mg



Recipe contributed by Regina Ridgway

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