

This keto brown baguette is a wholesome loaf that you can enjoy with your favourite cheeses and cold meat cuts. Not to mention how yummy it is with a spread of butter and your favorite keto jam.

Servings - 24 Slices

**Prep Time - 10 Mins | Rise Time - 1 hour 40 Mins | Cooking - 20 Mins | Total Time - 2 hrs 10 Mins**

Difficulty - Easy



Cuisine - French

## RECIPE

### KETO BROWN BAGUETTE

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Baguette Baking Tray](#)

[Egg Whisk](#)

[Wire Cooling Rack](#)

[Chopping Board](#)

[Bread Knife](#)

# INGREDIENTS

375 ml Lightly warm Water 100 - 115 F

[1 Tbsp Active Dry Yeast](#)

[1 Tsp Maple Syrup](#)

[500 g FHALL Low Carb Brown Flour](#)

[2 Tbsp Vanilla Syrup, sugar free](#)

[2 Tsp Himalayan Salt \(Ground\)](#)

1 lightly beaten Egg white and 1 Tbsp water or 15 g melted butter for basting

NOTE: If you wish to make this loaf vegan, baste with coconut oil instead of egg whites or butter.

## METHOD

In a medium bowl add the warm water and the yeast and maple syrup. Leave for 2 or 3 minutes until the yeast has proven. You should have plenty of bubbles and froth.

Pour the wet ingredients into an electric mixer and add flour. Add the salt and sweetener and mix again. Mix all the ingredients for 2 to 3 minutes at medium to high speed, checking to see that all the dough is being well mixed. Keep mixing until the dough is smooth.

If you do not have a food mixer, knead for 3 or 4 minutes or until the dough looks smooth and bounces back when poked. It is very important that the dough is very smooth.

### To rise the dough

Place the dough in a lightly oiled bowl and cover with a damp tea towel.

Place in a warm draft free area of the house. If the weather is cold you can place a mug of water in the microwave and let it heat for 2 minutes until the water is warm. Put the warmed mug of water at the far side of the microwave and then place the bowl containing the dough into the microwave. Let the dough rise for a minimum of 1 hour. The mixture should have more than doubled in size.

Place the dough on a clean dry surface and half it. Roll out each half of the dough to approx 15 x 11 ins and then roll from the longest end of the dough , (much as you would a sponge roll) until it is fully wrapped. Tidy up the ends by folding them to the underside and nipping them together. Put the joint facing down and then place the rolled dough on a silicone baking mat or a French bread pan. Leave to rise for another 40 minutes

Preheat the oven 350 F 20 minutes or so before the bread has risen. Place a large glass baking dish on the bottom of the rack filled 1/2 full of water.

If you are going to be making french bread quite often, invest in a french bread pan. It is inexpensive, and the holes in the pan ensures that the bread gets evenly cooked and stays crisp. (click LINK for French bread pan).

Bake for approximately minutes until the colour is even including the bottom.

Remove from the oven and let the oven and leave for another 10 minutes before slicing. I know it's hard once you smell it, but it will be worth it.

## STORAGE

Place in a brown paper bag and keep the bag tightly closed and pop it in the breadbin. It should last up to 5 days. Freeze in an airtight container for 30 days.

## NUTRITION FACTS

Per serving : 46 g | Calories 66 | Protein 9.9 g | Fat 2.4 g | Carbs 5.7 g | Fiber 3.9 g  
Net Carbs : 1.9 g

LOW CARB - KETO - SUGAR FREE - DAIRY FREE - VEGETARIAN - VEGAN

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