

Sandwich Bread

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Adapted From Plated Cravings .com

Makes 2 loaves. Cut each loaf into 14 slices.

2 points for 1 slice on all plans

4 points for 2 slices on all plans

- 1 $\frac{2}{3}$ cups water – 110° to 115°
- 2 $\frac{1}{4}$ tsp instant or active dry yeast
- 4 tsp Lakanto Monkfruit
- 1 tsp salt
- 1 $\frac{1}{2}$ Tbsp room temperature butter, cut into small cubes
- 4 $\frac{1}{4}$ cups all purpose flour
- 1 tsp butter, melted, for brushing

1. In the bowl of a stand mixer with the dough hook attached, combine the yeast, 1 tsp of sugar and about 1/2 of the water. Let sit for 5-10 minutes if using instant yeast and 15 minutes if using active dry yeast.
2. Add remaining water, remaining sugar, salt, and 4 cups of flour to the bowl. Knead at low speed until the dough comes together and is soft but not sticky. If dough is sticky, add more flour a tablespoon at a time. I usually use an extra 1/4 cu
3. Continue to knead 6 to 9 minutes. Stopping to scrap down

about 1/2 way through. Continue to knead for the remaining time until the dough pulls away from the sides of the bowl and is soft and smooth*****see note below

4. Transfer the dough to a lightly greased large bowl and turn to coat. Cover with a towel and place in a warm place to rise for 45 minutes or until doubled.
5. Lightly flour your work surface. Divide dough in half and working with one half at a time, pat down into a 12 x 8 inch rectangle. Use your fingers to press out any air bubbles
6. Starting at the short end, Roll up into a tight log and pinch the seams to seal. Tuck ends under. Place in a greased 8x4 inch loaf pan. Repeat with other piece. If using a larger pan, do not divide dough.
7. Cover with plastic wrap sprayed with non stick spray. Put in a warm place and let rise again for 45 minutes or until doubled in size
8. Preheat oven to 390°. Carefully and gently remove plastic wrap. Bake for 25-30 minutes.
9. Invert bread on a cooling rack and brush tops with melted butter. Let cook, slice each loaf into 14 slices.
10. ***NOTE: if you do not have a stand mixer, you can knead in the bowl for 10 minutes.