

No-Knead Dutch Oven Bread

Ingredients

- 1/4 tsp sugar
- 1/2 cup warm water
- 1.5 tsp dry active yeast
- 2 tsp coarse sea salt
- 120g PEScience new protein baking mix (4 scoops)
- 250g all purpose flour (about 2 1/8 Cups)
- Another 1/2 to 3/4 cup warm water

Directions

1. Dissolve sugar into 1/2 cup warm water, then add yeast. Gently stir and set aside to let it bloom. It is ready once it expands and becomes foamy.
2. In a separate bowl, mix flour, Select Multi-Purpose Protein, and salt.
3. Add bloomed yeast to the flour mixture.
4. Add remaining water (1/2-3/4 cup) a little at a time until you have a sticky dough. Stir well with a wooden spoon before you add more water. You want it a little sticky but not runny. This is a no knead dough so you won't need to handle it.
5. Cover dough with plastic wrap and allow to rise for 3-4 hours.
6. About 1 hr before baking, heat oven to 450 deg F. Once it's to temperature place your Dutch oven in the oven with the lid on for 30 minutes.
7. During this time transfer dough to a floured piece of parchment paper. As long as you didn't add too much water you should be able to use a spatula to form the dough in a ball. Toss a little flour over dough and cover with a kitchen towel while Dutch oven preheats.
8. After 30 min carefully remove Dutch oven and place parchment paper and dough into the pot. If there is still a lot of flour on the bread you can spritz it with water. Cutting a couple slices in the top of the dough will help it rise. Place lid back on the Dutch oven and place back in the oven. Bake 25 min.
9. Remove from oven and transfer to a cooling rack. Wait to slice the bread until it cools (it's still cooking inside) about 1 hr.
10. Slice into 18 slices

PESCIENCE

27
Servings

23g
Protein

1g
Fat

select

MULTI-PURPOSE PROTEIN

- Flour Substitute in Savory & Sweet Baking Recipes
- Versatile Select Protein Blend
- See left side of label for more ways to enjoy



**UNFLAVORED
WHEY+CASEIN BLEND**

PROTEIN POWDER

Notice Use this product as a food supplement only. Do not use for weight reduction.

Net Wt 28 oz (797 g)

Nutrition Facts

27 Servings Per Container

Serving Size 1 Scoop (29.5g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1 g 2%

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 230 mg 10%

Total Carbohydrate 2 g 1%

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0g Added Sugars **0%**

Protein 23 g 46%

Vit. D 0 mcg 0% • Potassium 6 mg 0%

Iron 0 mg 0% • Calcium 270 mg 21%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milk Protein Isolate [comprised of casein protein and whey protein], Whey Protein Concentrate 80%, Salt, Guar Gum

Contains milk and soy ingredients.

Manufactured for PEScience LLC (3665 East Bay Dr. #204-155 Largo, FL 33771 USA. Ph: 888-885-0195)

GLUTEN FREE

DIRECTIONS

Baking

Start by replacing 1/4th of the flour in your recipe with Select Multi-Purpose Protein. Replace more if desired. Every recipe works differently.

Smoothies

To add unflavored protein to your smoothie recipe, start by adding 1/2 scoop Select Multi-Purpose Protein, which will add 11.5g protein to your smoothie!

This product is only intended to be consumed by healthy individuals over the age of 18. Pregnant or nursing women should not use this product without first consulting their physician. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. Do not use if safety seal is broken or missing.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

R.1



Recipe by: Alica Parkison
IR: @sweetandspicymacros

Macros Per 1 slice (32g)
Calories: 79
Fat 0.6
Carbs: 11.6
Protein: 6.7



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