

Essential bread swaps

Moving to a lower carb way of eating can be tricky when you are used to relying on bread as a quick meal.

Bread contains a huge amount of carbohydrate that will turn to sugar in your blood stream.

On top of that most commercially produced bread products contain very strong gluten and health damaging additives.

It is essential that you swap to alternatives where you are in charge of the ingredients and that that keep your blood sugar and insulin response low so that your body can balance all your hormones correctly.

The swaps:

To get around eating bread I have created three recipes so you can replace most bread-based items.

The first is the low carb roll which can be made in batches of 6 or 12. [Video here](#)

They can be used fresh for a sandwich or toasted the same as a slice of bread. You can also freeze them and defrost as and when.

Secondly, the same recipe is used to make flat breads or wraps. Use these in place of pizza base (better recipe below), chapatis, pittas, lunch wraps, tortillas and even pastry (see the spanakopita recipe). You can also cut into squares, bake and dry them out to make crackers. [Video here](#)

And last is the low carb pizza base. [Video here](#). Which you can also use for tortillas and lunch wraps or in the [ranch eggs recipe](#).

You can watch the videos or follow the recipes:

<https://natashaiswideeyed.com/low-carb-rolls/>

<https://natashaiswideeyed.com/low-carb-pizza-base/>