

Instead of Bread

21st June 2022

We agreed that we all love bread in our diet, but it does not suit everyone - people who are gluten intolerant and diabetics are two examples.

Today we are looking at what works for us instead of bread. Hopefully these things are healthy and lower calorie and taste good.

1 Lettuce wraps



A good substitute for pitta bread or tortilla wraps is lettuce. Use the large outer leaves to ensure you have a large enough area to hold the filling.

Lettuce leaves make for a very low carb and low-calorie option, and help towards reaching or exceeding the daily target of five portions of fruit and vegetables.

I also choose these at the Chinese restaurant.

Lettuce leaves are flimsier than bread or tortillas, so whilst they hold a filling, they are clearly not a close match for bread in terms of taste or texture.

Cabbage leaves can be also used as an alternative. Has anyone tried these?

2 Cucumber sub - try this for a picnic

To make a mini low carb sub why not slice a cucumber in half, scoop out the middle and layer in your fillings.

An easy favourite filling is tuna mayo, the cucumber holds its shape well and gives crunch, flavour and bulk to your meal.

3 Cloud bread or Oopsie bread

Cloud bread is a protein-rich alternative to regular bread to use as a sandwich base or English muffin replacement. Cloud bread is a versatile, simple

alternative to bread that many people on low-carb diets eat every day (see end for recipe).

Members brought along their examples of what they would use instead of bread and tried some on the spot & took others home. Serve around 200 cal worth for the equivalent calories of 2 slices of bread. Be aware of how much topping/filling you are used compared to toast or sandwiches.

	Cost	Cals per piece
Warburtons Giant Crumpets (Aldi)	£1 for 3	179 cal
Artisan flatbreads (Tesco)	£2 for 10	60 cal
Black Pepper Savoury Crackers (Aldi)		98 for 10
Rakusens Matzos (Tesco)	£1 for 10	75
Ryvita Original Thins		36
Ryvita Seeded Thins		40
Corn Cakes		26
Whole Grain Rye Bread	£1.15 per 500g	100

Simple Recipe for Oupsie aka Cloud bread

Ingredients:

- 3 large eggs
- 100g cream cheese (low fat?)
- 1/4 teaspoon salt
- Recipe:
 - Preheat the oven to 130° fan oven, (300f) F.
 - Line a baking tray with lightly greased baking paper.
 - Separate the egg whites and yolks into 2 large bowls.
 - Whisk egg whites to a stiff peak.
 - In a second bowl, mix the egg yolks, cream cheese, and salt.
 - Fold the egg whites gently into the yolk mixture to retain air.
 - Dollop tablespoonsful of the mix on to the baking sheet. Bake for 30 minutes or until golden.