



Protein Yogurt Bread

This Protein Yogurt Bread is one of those simple recipes that makes healthy eating feel a lot less complicated, which is always appreciated because life already comes with enough unnecessary nonsense.

Made with organic ingredients, this savory loaf is gluten-free, protein-forward, and made with real food ingredients. No fillers, no oil, no added sugar, no artificial sweeteners, and no weird chemical extras trying to sneak into your meal like they were invited.

This is not a light, fluffy sandwich bread. It is denser, heartier, and more satisfying, with great savory flavor from the seasoning and nutritional yeast. It works beautifully as a gluten-free bread substitute for sandwiches, but my personal favorite way to use it is toasted and piled with avocado. Because avocado toast deserves a sturdy foundation, not a cracker trying to do a loaf's job.

Slice it, toast it, use it for sandwiches, or serve it alongside soup or salad when you want something bread-like without reaching for the usual processed options.

Watch the demo on my YouTube channel.

Ingredients

2 cups chickpea flour
2 teaspoons baking powder
14 ounces plant-based yogurt or your favorite Greek yogurt
3 small eggs or 2 large eggs
3 tablespoons Everything But the Bagel seasoning, plus about 1 teaspoon for topping
2 tablespoons nutritional yeast
Optional: ¼ teaspoon sea salt or mineral salt, depending on the sodium level of your Everything But the Bagel seasoning

Instructions

1. Line a bread pan with parchment paper and preheat the oven to 350 degrees.
2. In a large bowl, whisk together the chickpea flour and baking powder.

3. In a separate small bowl, beat the eggs. Add the beaten eggs and yogurt to the flour mixture and stir until combined.
4. Add 3 tablespoons of Everything But the Bagel seasoning, the nutritional yeast, and the optional salt if using. Mix until everything is incorporated, but do not overmix.
5. Pour the batter into the prepared bread pan. Sprinkle the remaining Everything But the Bagel seasoning over the top. I usually just shake a little extra from the jar because we do not need to turn this into a measuring ceremony.
6. Bake for 45 to 55 minutes, or until the bread is set, slightly browned on top, and a toothpick inserted into the center comes out clean.
7. Remove the bread from the loaf pan and let it cool for about 15 minutes before slicing. For cleaner slices, let it cool a little longer.
8. Slice and serve. This bread is excellent for sandwiches and makes especially good toast. I love it as the base for avocado toast.

Notes

Choose organic ingredients whenever possible.

Check the sodium level on your Everything But the Bagel seasoning before adding salt. Some blends are already salty enough, while others need a little help. If your seasoning is lower in sodium, add about $\frac{1}{4}$ teaspoon sea salt or mineral salt to the batter. Once the bread is baked, there is not much you can do except smile politely at your under-seasoned loaf and learn from the experience.

Store leftover bread in the refrigerator for a few days. For longer storage, the bread can be sliced and frozen for up to 6 weeks. For easy serving, freeze the slices with parchment paper between them, then toast or warm as needed.

Bon Appetit