

Makeover Monday ~ Strawberry Bread Two Ways

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!



E Slice on top
S Slice on bottom

This recipe was a request from a friend. She sent me a link to [this recipe](#) and asked if I could convert it. I decided to make a recipe that you can use in either an E or S setting. The recipe is so similar either way that I did this in just one recipe card. The variations are specified in both the ingredient list and the directions so just look for the E and S designations for the option you are choosing.

A few notes about this recipe: Much of the “pop of flavor” is from the glaze. I highly encourage you to poke holes in your bread as the recipe directs so the glaze gets down into the loaf. When you are making the batter for the S version it will get very thick. It is going to seem like it will be too dry, but it is not. The E version takes about 20 minutes less time to cook than the S version. When looking at the pictures below, the S version is always on the bottom or the right with one exception. The final picture in step 4 under the glaze has the E version on the bottom. I used a 12 oz bag of frozen strawberries, thawed, and it was the perfect amount to put in both the bread and the glaze.

You Will Need:

- [yes sweetener](#) or [gentle sweet](#)
- almond milk
- Greek yogurt, for E
- coconut oil, melted for S
- egg
- vanilla
- rolled oats ground into flour, for E
- [baking blend](#) , for S
- [oat fiber](#) , for S
- baking powder
- [mineral salt](#)
- strawberries
- melted butter, for S
- almond extract (optional)

Strawberry Bread – THM E or S



For Bread

- $\frac{1}{2}$ c xes sweetener or gentle sweet
- $\frac{1}{2}$ c almond milk
- $\frac{1}{2}$ c Greek yogurt (for E)
- $\frac{1}{2}$ c coconut oil (melted for S)
- 1 egg
- 1 $\frac{1}{2}$ tsp vanilla
- 2 c rolled oats ground into flour (for E)
- 1 c baking blend (for S)
- $\frac{1}{2}$ c oat fiber (for S)
- 2 tsp baking powder
- $\frac{1}{4}$ tsp mineral salt
- 2 c. diced strawberries
- 2 tsp. oat flour or oat fiber

For Glaze

- $\frac{1}{2}$ c xes sweetener or gentle sweet (must be powdered)
- 2 tbsp Greek yogurt (for E)
- 2 tbsp melted butter (for S)
- $\frac{1}{2}$ tsp vanilla or almond extract
- 1 pinch mineral salt
- $\frac{1}{3}$ c diced strawberries

To Make Bread

1. Preheat oven to 350 F.

2. Mix together sweetener, milk, (yogurt if making E), egg and vanilla.



3. In a separate bowl mix together oat flour, baking powder and salt.



4. Add dry ingredients to wet ingredients and stir to combine.



5. If making S, add melted coconut oil to batter and mix to combine.

6. Toss diced strawberries with 2 tsp oat flour or oat fiber.



7. Fold strawberries into the batter.



8. Pour batter into a greased bread pan and bake E loaf for about 40 minutes, The S loaf will take about 60 minutes. A toothpick inserted into the center of the loaf should come out clean.



9. Allow to cool in the pan for 10 minutes.



10. Remove to a rack to cool further.



To Make Glaze

1. Combine all ingredients and mix until smooth.



2. Poke holes in the top of your loaf (this is primarily for the E loaf but I recommend it for both versions). I used the thicker end of a chopstick to do this, you could use a knife, but you want the glaze to be able to get into the holes.



3. Spread glaze over loaf while it is still just barely warm.



4. Allow to cool completely and enjoy.



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When you are making the batter for the S version it will get very thick. It is going to seem like it will be too dry, but it is not.

The E version takes about 20 minutes less time to cook than the S version.

When looking at the pictures below, the S version is always on the bottom or the right with one exception. The final picture in step 4 under the glaze has the E version on the bottom.

I used a 12 oz bag of frozen strawberries, thawed, and it was the perfect amount to put in both the bread and the glaze.

When divided into 10 slices, each slice of the E loaf has a grand total of 12.5 net carbs, so you can easily add this to an E meal. This bread could be made exactly the same using any other fruit you like. To be able to make it both ways you would want to stick to berries, but for the E version, you could use any fruit you like!

Do you have a favorite recipe you would like me to THM'ify? Comment below and I will see what I can do!

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