

Low-Glycemic Vegemite Toast with Cultured Butter

A blood sugar-friendly Australian breakfast classic featuring savory Vegemite on toasted low-carb bread with rich cultured butter for sustained morning energy.

Prep: 2 min

Cook: 3 min

Total: 5 min

Servings: 1

GL 1.8 / GI 35

Ingredients

Choose bread with 5g or less net carbs per slice and at least 3g fiber low-carb whole grain bread slices

Grass-fed butter preferred for optimal nutrient profile cultured butter, softened

Rich in B vitamins with negligible carbohydrates Vegemite yeast extract

Instructions

Step 1

Remove the low-carb bread slices from packaging and inspect for freshness. If bread has been refrigerated, allow it to come closer to room temperature for better toasting results.

Step 2

Place both bread slices into your toaster slots. Adjust the toaster setting to medium-high heat, as low-carb bread typically requires slightly longer toasting time than regular bread to achieve optimal crispness.

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Step 3

Toast the bread for 2-3 minutes until golden brown and crispy on the edges. Low-carb bread should be well-toasted to enhance its texture and bring out the nutty flavors from the added seeds and grains.

Step 4

Carefully remove the hot toast from the toaster and transfer immediately to a serving plate. The bread should be crispy on the outside while maintaining a slightly tender interior.

Step 5

While the toast is still warm, spread 1 teaspoon of softened cultured butter evenly across each slice, allowing it to melt slightly into the bread's surface. This creates a rich base layer and helps moderate glucose absorption through added healthy fats.

Step 6

Apply a thin, even layer of Vegemite over the buttered toast, using approximately half a teaspoon per slice. Start with less if you're new to Vegemite, as its concentrated umami flavor is quite intense. Spread edge to edge for consistent flavor.

Step 7

Serve immediately while the toast is still warm and the butter is melted. For optimal blood sugar management, consider pairing with a source of protein such as a boiled egg or Greek yogurt, or enjoy alongside a cup of unsweetened tea or black coffee.

Step 8

Consume mindfully, chewing thoroughly to aid digestion and allow the fiber content to work effectively in slowing glucose absorption. This breakfast will provide sustained energy for 3-4 hours without blood sugar spikes.