

Healthy Gut Bread

Recipe Modified from Naomi Whittel's recipe: <https://www.simplygoodfats.com/keto-bread/>

Ingredients:

- 6 eggs, separated
- 1/4 cup + 1 Tablespoon Organic Coconut oil (hexane free), melted
- 1 1/2 cups Organic Almond Flour
- 1/4 cup Organic Coconut flour
- 3 teaspoons Non-GMO Baking Powder
- 1/2 teaspoon Pink Himalayan Sea Salt

Instructions:

- 1.) Preheat the oven to 375 degrees F. Grease an 8x4 loaf pan with coconut oil.
- 2.) Separate the egg whites from the yolks. In a food processor or medium mixing bowl with an electric mixer on medium speed, blend the egg yolks, half of the egg white mixture, and melted coconut oil until smooth. Pulse/Mix in the almond flour, coconut flour, baking powder and salt until combined. Be careful not to over-mix.
- 3.) The mixture will be thick. Add the remaining egg whites and pulse/mix a few seconds more until fully combined. Again, do not over-mix or bread texture will be tough. Pour mixture into an greased 8x4 loaf pan. Bake for about 30 minutes.
- 4.) Test bread with a toothpick to test doneness. Cool on a wire rack or plate for about 10 minutes before slicing.
- 5.) Store bread in the refrigerator. Lasts about 1 week.