Gut Friendly Bread

Makes one 4 x 8-inch loaf

Recipe modified from Naomi Whittel's Keto Bread from: https://www.simplygoodfats.com/keto-bread/ & https://elanaspantry.com/nut-free-keto-bread/

Author: Brenna, Certified HHP

Prep time: 40-45 minutes, Cook time: 30 minutes

Ingredients:

- 6 large Organic Eggs
- 1-2 Tablespoons Extra Virgin Olive Oil (grease pan)
- 1 Tablespoon Organic Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Filtered Water
- 1 cup Organic Psyllium Husk
- 1 1/2 cups Organic Flax Seeds
- 1/4 cup Organic Coconut Flour
- 2 cups Organic Almond Flour
- 3 tsp. Baking Powder (Aluminum-Free & non-GMO)
- 1 teaspoon Pink Himalayan Sea Salt
- 1/4 teaspoon Monkfruit powder or 4-5 drops Organic Stevia (liquid)

Instructions:

1. Preheat oven to 350 F. Grease the bread loaf pan with the Extra Virgin Olive Oil until thoroughly coated. Set aside.

2. In a high speed blender, grind psyllium and flax seeds into a fine flour. Set aside.

3. In a large mixing bowl, add your eggs, Apple Cider Vinegar and Extra Virgin Olive Oil and mix with an electric mixer on medium until smooth.

4. Add in baking powder, salt, almond flour, the psyllium & flax flour you just ground. Mix on low with electric mixer until ingredients are combined. Dough will be thick.

5. Scoop bread dough into greased 8 x 4 inch loaf pan and press dough down into pan with the back of a spoon until evenly distributed.

6. Bake for about 40-45 minutes. Test for doneness by inserting a toothpick into the center of loaf. If the toothpick just has a few crumbs and isn't dough-y, it's cooked through!

7. Remove from oven and let cool for 5 minutes. Take a butter knife and gently loosen the edges of the bread from the pan. Then turn the pan upside down and pop out bread onto plate or wire wrack and cool for another 5 minutes before slicing.

8. Use for sandwiches OR top with Organic Coconut Oil and Organic Almond Butter! We recommend topping with a little Organic Monkfruit powder and Organic Cinnamon. Enjoy!

Gut Friendly Bread

9. Store in refrigerator (place bread back into loaf pan and cover with plastic wrap) for up to 5 days. For best taste, always place slices in toaster for 3-4 minutes to reheat before serving!