

# 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/>

Prep time: 10 minutes, Cook time: 30 minutes

## Ingredients:

- 6 large eggs
- 2 Tablespoons Organic Coconut Oil, melted
- 1 teaspoon Organic Apple Cider Vinegar
- 1 cup Organic Psyllium Husk
- 1/2 cup Organic Flax Seeds
- 1/4 cup Organic Coconut Flour
- 2 cups Organic Almond Flour
- 2 tsp. Baking Powder (Aluminum-Free & non-GMO)
- 1 teaspoon Pink Himalayan Sea Salt
- 1/4 teaspoon or Stevia or Monkfruit powder

## Instructions:

1. Preheat oven to 350 F. Grease the bread loaf pan with the melted coconut 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 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 30 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. Turn upside and pop out bread into plate or wire wrack and cool for another 5 minutes before slicing.
8. Use for sandwiched OR top with Organic Coconut Oil and a Nut Butter Choice! We recommend adding a little Organic Stevia and Organic Cinnamon. Enjoy!
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!