



Grain Free Low Carb Bread

7 servings

1 hour

Ingredients

- 1 3/4 cups Organic Almond Meal
- 1/3 cup Psyllium Husk Powder
- 1/4 cup Organic Hulled Hemp Seeds +
1 Tsp For Topping (optional)
- 1 tsp Organic Chia Seeds
- 2 tsps Baking Powder
- 2 tsps Apple Cider Vinegar
- 1 cup Boiling Water
- 3 Egg Whites (beaten)
- Of Salt

Nutrition

Amount per serving	
Calories	202
Fat	17g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	0g
Carbs	7g
Fiber	3g
Sugar	1g
Protein	9g
Cholesterol	0mg
Sodium	163mg
Potassium	93mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	146mg
Iron	2mg
Vitamin D	0IU
Vitamin E	0mg

Directions

- 1 Preheat oven to 350°F. Mix first dry ingredients in a bowl.
- 2 Beat the egg whites with a pinch of salt until stiff.
- 3 Boil water and add it with apple cider vinegar to the dry mixture. It will become very sticky.
- 4 Add the egg whites and carefully fold through. The consistency will look like an "airy sticky play-Doh mess".
- 5 Place dough on baking sheet lined with unbleached parchment paper. Round shape works best and sprinkle sea salt and various savory herbs on top.
- 6 Bake for 55 min. Turn off the oven and allow to cool while still in the oven for up to an hour. This step really helps it cook thoroughly.
- 7 Slice and serve with butter and or Topping of your choice.
- 8 Keep it in the fridge. This bread is best toasted.

Notes

Health Benefit: Psyllium Husk Powder can normalize excessive diarrhea or infrequent constipation bowel movements.

Savory Flavor : Sprinkle flaked sea salt, rosemary, thyme, etc. to the top of loaf before baking.

Make Crackers! : Roll dough into 2 long "rolls" and place in refrigerator for 10 minutes or so. Cut dough into rounds for crackers and season. Bake in oven on parchment paper



Vitamin K	0µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0mg
Folate	7µg
Vitamin B12	0µg
Phosphorous	125mg
Magnesium	122mg
Zinc	1mg
Selenium	3µg

until done.