



Phone: 480-284-8155
Fax: 866-823-2115
Azimsolutions.com
4657 S. Lakeshore Drive Suite 1
Tempe, AZ 85282

Great Low Carb Almond Bread

Ingredients:

- * 1/2 cup softened butter
- * 4 packets (teaspoons) of Stevia (optional); can also use a different sweetener--monk fruit, chicory, xylitol or mixed type product
- * 5 large eggs at room temperature
- * 1 teaspoon baking powder
- * 2 cups almond flour (or other nut flour)

Directions:

1. Beat together softened butter and alternate sweetener.
2. Add eggs one at a time and beat together. It may look lumpy or curdled, but that's ok.
3. Add baking powder and almond flour to egg mixture and beat until well mixed.
4. Pour mixture into greased cake or bread pan and bake at 350 degrees.

Depending on what size pan you use, your cooking time may vary from 25 minutes to an hour. The goal, of course, is for the center to be cooked through. I used a small, narrow glass bread dish and it took about an hour to cook through. If you use a wider pan, such as a cake pan, it will take less time. To test, insert a knife into the center. When it comes out dry, it's done.

Makes about 12 servings at approximately 3 net carbs per slice.