



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

Very Nutty Bread

Ingredients:

- * 1 ½ cups almond (or other nut) flour
- * ¾ cup arrowroot powder
- * ¼ cup golden flax meal
- * 1 tsp-1TSBP Celtic or REAL sea salt
- * ½ teaspoon baking soda
- * 4 organic omega-3 eggs
- * ¼ teaspoon Stevia drops Or ¼-1/2 teaspoon any sweetener powder
- * 1 tsp apple cider vinegar
- * 1.75 cups nuts and seeds

Can also add some cinnamon for cinnamon bread OR Italian spices (oregano, basil, thyme) for a savory type bread.

Directions:

1. In a medium bowl, combine almond flour, arrowroot, flax meal, salt and baking soda.
2. In a larger bowl, blend eggs 3-5 minutes until frothy.
3. Stir sweetener and vinegar into eggs.
4. Mix dry ingredients into wet, then add nuts and seeds.
5. Pour batter into a well greased loaf pan.
6. Bake at 350F for 30-35 minutes, until a toothpick inserted into center of loaf comes out clean.
7. Cool and serve.