

BUTTERY ALMOND BREAD

(Maintenance Plan Only)

This bread is actually more like a dense pound cake, which is very filling. While the bread is great warm, toasting it the next day after it has cooled in the fridge, gives it a totally different flavor. This bread is amazing with a nice helping of Kerry Gold butter. It serves as a quick breakfast bread or as a side with dinner. Makes 16 slices per loaf.



INGREDIENTS

1/2 cup Kerry Gold butter, melted
6 large pastured eggs
1/2 tsp. liquid stevia
1 cup Bob's Red Mill Almond Flour
1/2 cup coconut flour
1 tsp. aluminum free baking powder
2 tsp. pure vanilla extract

INSTRUCTIONS

Preheat oven to 350°F. Grease an 8x4 inch foil loaf pan very well.

Whisk eggs together in a stainless-steel bowl. Add melted butter slowly in a stream, whisking continually so as not to cook the eggs. Add stevia and vanilla, mixing well.

Blend almond flour, coconut flour and baking powder together in small bowl and add to the egg mixture.

Place batter into loaf pan and bake approximately 35 minutes. Top will be nicely browned – check with a toothpick to make sure it is done, as the size of the eggs can increase cooking time slightly.

Let cool in pan for 10 minutes. Run a knife down the sides to loosen the bread, then remove it from the pan and cool on a wire rack.

Store in the fridge for up to one week.