

# LOVE THY CARROT

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## PALEO BREAD

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### INGREDIENTS

- 2 cups almond flour
- 2 Tbs coconut flour
- ¼ cup ground flax seed
- ¼ tsp salt
- ½ tsp baking soda
- 5 eggs
- 1 Tbs coconut oil
- 1 Tbs honey
- 1 Tbs apple cider vinegar

### DIRECTIONS

1. Place almond flour, coconut flour, flax, salt and baking soda in a food processor
2. Pulse ingredients together
3. Pulse in eggs, oil, honey and vinegar
4. Transfer batter to a greased bread pan (I used a 7.5 x 3.5 inch loaf pan and greased with coconut oil)
5. Bake at 350 for 30 to 35 minutes (check with a cake tester)
6. Cool in the pan for 2 hours

### COOKS NOTES

- This bread will make a great base for lots of add-ins.
- Make sure you test with a cake tester or toothpick.
- Check the size of your loaf pan as the one I used is a bit smaller than the standard loaf pan you may have in your cupboard.
- The first two times I made this I used coconut oil to grease the loaf tin and I had trouble getting the bread out of the pan, the third time I used parchment paper and coconut oil and the bread came out with ease.