

FLUFFY & NUTTY FLAXSEED BREAD



Is there anything better than bread? It's versatile and oh so delicious. Give this fluffy, flax-filled, low-carb bread a chance and I swear you won't miss your usual bread.

In this recipe, we've given alternate ingredients to fit to your lifestyle.

Ingredients

- 2 teaspoons active dry yeast
- 2 teaspoons inulin or maple syrup, honey, sugar to feed the yeast
- 1/2 cup water lukewarm between 105-110°F
- 1 3/4 cups almond flour
- 3/4 cup Alligga flaxseed meal, finely ground
- 1/4 cup whey protein isolate

- 2 tablespoons psyllium husk, finely ground
- 4 teaspoons ground Alligaa flaxseed meal
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- 1/4 teaspoon cream of tartar
- 1/8 teaspoon ground ginger
- 1 egg at room temperature
- 3 egg whites at room temperature
- 1/4 cup grass-fed unsalted butter or ghee, melted and cooled
- 1 tablespoon apple cider vinegar
- 1/4 cup sour cream or coconut cream + 2 tsp apple cider vinegar

Directions

1. Line a 8.5 x 4.5 inch loaf pan with parchment paper.
2. Add yeast and maple syrup or alternative to a large bowl. Pour water over yeast mixture, cover bowl with a kitchen towel and allow to rest for 7 minutes.
3. Mix your flours. Add almond flour, flaxseed meal, whey protein powder, psyllium husk, flaxseed meal, baking powder, salt, cream of tartar and ginger to a medium bowl and whisk until thoroughly mixed.
4. Once your yeast is proofed (the mixture should be bubbly), add in the egg, egg whites, lightly cooled melted butter and vinegar. Mix with an electric mixer for a couple minutes until light and frothy. Add the flour mixture in two batches, alternating with the sour cream, and mixing until thoroughly incorporated.
5. Transfer bread dough to prepared loaf pan and even out the top. Cover with a kitchen towel and place in a warm draft-free space for 50-60 minutes until the dough has risen just past the top of the loaf pan.
6. Preheat oven to 350°F/180°C while the dough is proofing.

6. Place the loaf pan over a baking tray and transfer gently into the oven. Bake for 45-55 minutes until deep golden, covering with a loose foil dome at minute 10-15 (just as it begins to brown). Just be sure that the foil isn't resting directly on the bread.
7. Allow the bread to rest in the loaf pan for 5 minutes after taking it out and transfer it to a cooling rack. Allow to cool completely for best texture- this is an absolute must, as your keto loaf will continue to cook while cooling! Also keep in mind that some slight deflating is normal.
8. Keep stored in an airtight container (or tightly wrapped) at room temperature for 4-5 days.
9. If paleo/keto feel free to sub 1/4 to 1/2 cup of almond flour