

BREAD, SOFT, LOW-CARB (with Dairy)

(courtesy Sally-Ann Creed)

Ingredients:

200g Almond flour

750g linseeds

50g sunflower seeds

25g sesame seeds

225ml psyllium husks

10ml aluminium-free baking powder

7.5ml Himalayan salt

150g Greek yoghurt

50ml fresh cream

6 eggs

2 teaspoons apple cider vinegar

Method

Mix all the dry ingredients

Add the eggs, Greek yoghurt, apple cider vinegar and fresh cream

Mix well, place in bread tin

Bake for 80 minutes at 175 degrees C.