

BREAD, ALMOND (Dairy-free)

(Courtesy Sally-Ann Creed)

Ingredients:

2 cups almond flour

½ cup ground linseeds (make your OWN – the bought version does not work!)

¼ cup sunflower seeds

4 large eggs

2 tablespoons olive oil/macadamia oil (or melted butter/coconut oil)

2 teaspoons baking powder

2 tablespoons psyllium husks

½ salt

2 teaspoons apple cider vinegar

Method:

Combine all dry ingredients

Lightly beat the eggs and mix with the oil and apple cider vinegar

Combine wet and dry ingredients/add more moisture if consistency of dough is too dry

Pour mixture into greased loaf tin

Bake at 190 degrees C for about 45 minutes (check with toothpick)