

BREAD, GRAIN-FREE (With Nut Butter)

Ingredients:

1 cup almond, or macadamia, **or** hazelnut butter

4 large eggs, separated

½ to 2 tablespoons honey

2.5 teaspoons apple cider vinegar

¼ cup coconut milk

1 teaspoon baking soda

½ Himalayan salt

Method:

Preheat oven to 190 degrees

Line bottom of baking pan with baking paper and spread oil thinly on sides

Beat the nut butter with the egg yolks

Add honey, vinegar and coconut milk

Beat egg whites until peak forms

Combine all dry ingredients in a separate dish

Pour dry ingredients into wet ingredients and beat until combined

Pour beaten egg whites into nut butter mixture and beat well to combine

Pour batter into prepared loaf and put into oven

Bake for 45 -50 minutes, til golden-brown or toothpick comes out clean

