

Delicious Loaf Bread

Serves: 10

Prep Time: 15 minutes

Cook Time: 30 minutes

Ready In: 45 minutes

Ingredients

- **Butter, Salted**, 3 tablespoon (43g / 1.52 oz)
- **Organic Coconut Oil by Better Body**, 1 tbsp (14g / 0.49 oz)
- **Large Grade A Eggs by Egglard's Best**, 5 large egg (250g / 8.82 oz)
- **Garden Of Life Raw 100% Organic Flaxseed - Super Omega-3**, ½ cup (56g / 1.98 oz)
- **Almond Flour Blanched by Kirkland Signature**, ½ cup (56g / 1.98 oz)
- **Organic Raw-Unfiltered Apple Cider Vinegar With The Mother by Bragg**, 1-½ teaspoon
- **Himalayan Pink Salt Crystals by Trader Joe's**, ½ teaspoon
- **Pure All Natural Baking Soda by Bob's Red Mill**, ¾ tsp (3g / 0.11 oz)
- **Hemp Seed Oil by Just Hemp Foods**, 1 tablespoon

Instructions

1. Combine all ingredients after melting oils & cooling slightly first, together. Let stand 5 min. to set up flax. Add 1/4 c. water during combining. Use nonstick stoneware loaf pan. Preheat oven to 375. Cook 25-30 min. Let cool. Slice & enjoy a few slices!

Nutrition Info Per Serving

Net Calories	149.3
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Total Carbs	2.2g
Net Carbs	0.4g
Diabetes Carbs	0.4g
Fiber	1.8g
Sugar	0.2g
Protein	5.4g
Fat	13.6g
Saturated Fat	4.3g

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Monounsatur. Fat	2.1g
Polyunsatur. Fat	1.7g
Cholesterol	94.2mg
Calcium	42.6mg