



Aya's paleo bread: copy cat

(makes 11x 21 cm loaf)

Equipment:

Blender (good & powerful one)

A large bowl, 11 x 21 cm loaf pan

Baking sheet

Ingredients:

½ cup cashew - milled in a blender

¾ cup flaxseeds

¼ cup psyllium husk

¼ cup tapioca flour

¼ cup coconut flour

2 tablespoons chia seeds

½ teaspoon baking powder

2 teaspoons apple cider vinegar

4 eggs

300 ml filtered water

¼ cup coconut oil -melted

1 tablespoon sunflower seeds

- milled with cashew or use without milling.

1 table spoon ghee butter- melted (optional)

Note: You don't have to wash blender jug until you finish pouring water.



Direction

- 1) Preheat oven to 180 degrees.
- 2) Mix all ingredients in a large bowl except for apple cider vinegar, flax seeds, egg, water and oil.
- 3) Mill flax seeds in a blender.
- 4) Add ground flaxseeds in the bowl.
- 5) Crack eggs in the blender and process a few seconds.
- 6) Add eggs in the bowl.
- 7) Pour water in the blender and blend until the residue of ground flaxseeds and eggs are washed nicely.
- 8) Add water, vinegar & coconut oil (+ ghee butter) and mix well. Wait for a few minutes to settle.
- 9) Pour the mixture into a baking sheet laid loaf pan and bake for 40 minutes.
- 10) Insert with wooden skewer to check it's done. (if nothing's stuck on the skewer, it is done.)
- 11) Take the bread from the pan and cool it down before slicing it.