

## ALMOND FLOUR KETO BREAD

Preparation: Line the bread pan with parchment paper. Let paper hang over the sides of the pan. Get all ingredients ready. Recipe is for one loaf. I always double the recipe. Set the oven to 350 degrees. You do not need to let the bread rise. However, I do let it rise on top of the warm oven for about 30 - 45 minutes.

### INGREDIENTS:

- \* 2.5 cups almond flour
- \* 2 cups unflavored whey isolate
- \* one half tsp. salt
- \* 2 tsp xanthan gum
- \* 3 tsp baking powder
- \* 2 packets of yeast
- \* one fourth cup almond milk or half & half
- \* 1 cup water

NOTE: Depending on the flavor you desire. You can add a tablespoon of one or more or all of the following:

I put them all in!

- \* Nutritional yeast flakes or powder
- \* Hemp powder
- \* Chia seeds
- \* Psyllium powder
- \* Flax seed, ground

### INSTRUCTIONS:

- In a large pan blend thoroughly all the dry ingredients.
- Add the milk and water.
- Mix the batter well.
- Place batter into the parchment lined pan. Make sure you do not get batter on the metal of the pan, because it will bake on hard because it is gluten-free batter.
- Bake at 350 for approximately 25 minutes. You will love the looks and the taste of this bread

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