

Herbed Focaccia Bread

Adapted by Elaine Rubel from the Wheat Belly books and gaps.me info

This recipe is adapted for a single serving meal and cooking at healthy temps and with healthy items.

1/3 Cup shredded mozzarella or other cheese

2/3 cup almond flour, Bob's Red Mill is pure and I ordered a pure almond flour online for larger amount, but many companies are not pure even though they say it is GF. Be careful.

1/4 t. Sea salt, I use a brand called "Real Salt" from the Redmond Life.

1/4 t. One finely chopped onion in blender and freeze and cut off a piece as needed.

1/8 t. garlic powder or 1 clove garlic minced. I grow my own and dehydrate a little.

1/2 t. Dried rosemary, I use Penzeys Spices

1/2 t. Dried oregano, I use Penzeys Spices or from what I dehydrate from my herb garden.

1/4 cup black olives cut up, I buy mine from Whole Foods, the 365 brand, non-BPA lining, and just has olives, water, and sea salt for ingredients.

1/8 cup, cut up grape tomatoes

1 egg yolk or 1 egg white

1 T. Ghee

Bake in a 300 degree oven

Combine almond flour, cheese, onion, salt, spices, egg, and Ghee mixing together with pastry cutter or fork, and spoon. Add olives and tomatoes and continue to mix together with pastry cutter and spoon.

Spread on parchment paper with a spatula and table knife and bake at 300 degree oven for 35 min. Just before done, take out of oven and sprinkle with sea salt and pat with large spoon on top. Put back in oven for last bit of time.

This recipe works for my husband, but not for me. Always consider what foods you tolerate beyond gluten.