

CHAPTER 3 Breads, Crackers and Crusts

Almond Flour Bread

Yield: about 15-20 slices (depending on thickness)

This is a basic bread. It is very easy to make and has a very satisfactory taste and toasting quality.

The xanthan gum provides the 'stickiness' that gluten would otherwise provide.

Dough:

5 large eggs, omega-3
2 1/4 cup almond flour (about 8 ounces)
2 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon salt, or to taste
3/4 teaspoon bicarbonate of soda
1 teaspoon xanthan gum

olive oil spray

1. Combine all the dough ingredients in a food processor and, using the blade, mix them to obtain a smooth consistency.
2. Spray a loaf mold (about 7.5 x 4 x 3 inches) with the olive oil and fill with the mixture.
3. Bake in a hot oven at 340°F (170°C) for about 35 minutes. Check the center for doneness.
4. Allow the bread to cool down before de-molding.