

Almond Flour Flaxseed Bread or Muffins



Ingredients

- 1 1/2 cups almond flour
- 2 tablespoons coconut flour
- 1/4 cup ground flaxseed
- 1/4 teaspoon salt
- 1 1/2 tsp baking soda
- 1 teaspoon erythritol or other low calorie sweetener
- 5 eggs
- 1/4 cup avocado oil or melted and cooled coconut oil
- 1 tablespoon apple cider vinegar
- Optional (chopped nuts, poppy seeds or cinnamon)

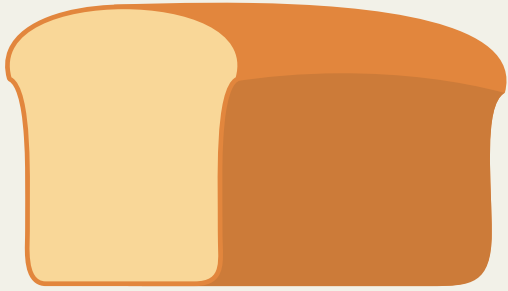
Prep Time

TOTAL TIME: 40 MIN

- Prep: 15 min
- Cook: 25 min

Directions

- Preheat oven to 350 degrees.
- In a large bowl, using electric mixer, mix almond flour, coconut flour, flax, salt, baking soda and sweetener.
- Beat in the eggs, oil and vinegar until smooth.
- Mix in optional ingredients.
- Pour mixture into a greased 8 x 4 inch loaf pan or muffin tins.



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- Bake until golden brown.
 - 25 minutes for loaf pan
 - 20 minutes for big muffins
 - 15 minutes for regular muffins or muffin tops
- Allow to cool before slicing.
- Makes 8 1-inch slices, 12 muffins, 6 big muffins or 8 muffin tops.

SERVING OPTIONS:

- Top with butter or nut butter.
- Great with soup or salad.

FREEZES WELL:

- Freeze muffins and thaw on counter as needed.
- Muffin tops or muffins cut in half can be warmed in a toaster.

TRAVELS WELL:

- Muffins are a great healthy snack on road trips or camping trips.
- Take to the office and avoid the vending machine.

