

Basic Quick Bread

Here is what you'll need:

- 2 - cups almond flour
- ½ - cup golden milled flaxseed
- 2 – Tablespoons coconut flour
- ¾ - teaspoon baking soda
- ¾ - teaspoon salt
- ½ - teaspoon psyllium husk powder
- 6 – large eggs
- ½ - cup heaving whipping cream
- ¼ - cup water
- 1½ - teaspoons apple cider vinegar
- 7 – drops liquid stevia

- 1) Preheat your oven to 350 degrees. Line a 9 x 5 loaf pan with parchment paper. I wet my parchment paper to form it to the pan and hold it in place with binder clips
- 2) In a large bowl, whisk together the almond flour, flaxseed, coconut flour, baking soda, salt and psyllium husk powder and set this to the side.
- 3) In a medium bowl, whisk the eggs, cream, water, vinegar, and liquid stevia
- 4) We are going to add the wet ingredients to the dry and stir them to combine, being careful not to overmix.
- 5) Now pour the batter into our prepared pan and we are going to bake for 50 – 60 minutes or until golden brown

12 servings

6.16 Total Carbs, 2.33 Net Carbs, 3.83g Fiber, 17.91g Fat, 8g Protein, 218 Calories

This recipe was originally in a book called “Keto Bread” and Pinterest, credit to those sources.