

Almond Flour Nut Bread



Ingredients:

6 large eggs
½ cup chia seeds
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
½ cup olive oil
2 and 1/2 cups almond meal flour
1 teaspoon baking soda
1 teaspoon sea salt
½ cup walnuts, chopped

Preheat oven to 350 degrees. Line a 9 x 5-inch loaf pan with parchment paper.

In a large bowl mix eggs, chia seeds, vinegar, lemon juice and olive oil. Let mixture sit for about 15 minutes to allow chia seeds to expand.

To this mixture, add almond meal, soda, salt. Mix. Batter will be thick. Add the walnuts and fold into mixture.

Pour the batter into pan. Bake for 45 minutes or until a wooden toothpick comes out clean. Cool. This loaf slices better when chilled.

Variations:

- Add ½ cups of raisins with the walnuts and 1 teaspoon of cinnamon to the batter with the dry ingredients.
 - Add ½ cup chopped dates with the walnuts.
 - Instead of walnuts use: ½ cup pecans and ½ cup dried cranberries.
 - Add ¼ teaspoon ground black pepper and 2 tablespoons rosemary leaves with the dry ingredients.
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This bread is a dense loaf and toasts up well for breakfast. It is also delicious eaten without being toasted.

It works well for breakfast, a quick snack, or with a bowl of soup.

Some folks like to mix this all up in a food processor, and if you like to do that go ahead.

I like to cook, but doing extra dishes isn't a favorite.

Either way you make this loaf, with or without a food processor, it is a treat!

Keep refrigerated. Freezes well.