

Mark's Kitchen

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Anti-Inflammatory Fluffy Sandwich Bread

Ready in: 60 minutes

Serves: 10

The next time you have a craving for bread, try this healthy alternative! This delicious recipe comes from my friend Jenny Carr's best-selling anti-inflammatory cookbook, [Peace of Cake](#). Enjoy!

Ingredients:

- 3/4 cup almond butter
- 6 pasture-raised eggs
- 1/4 cup coconut oil, melted
- 1/2 teaspoon apple cider vinegar
- 1/4 cup ground golden flaxseeds
- 3 tablespoons coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 tablespoons raw honey (optional)

Step 1: Preheat oven to 350° F.

Step 2: Line an 8-inch by 4-inch loaf pan with parchment paper and grease the parchment paper with coconut oil.

Step 3: In a blender, combine all ingredients and blend until the eggs froth.

Step 4: Pour mixture into greased and lined loaf pan.

Step 5: Bake for 35 to 40 minutes or until golden brown.

Step 6: Remove loaf from oven and allow the bread to cool in the pan for 10 minutes.

Step 7: Remove from pan by pulling up on the parchment paper and set on wire rack to cool until the loaf is room temperature.

Step 8: Slice the bread and serve as is or top with nut-butter, avocado or toppings of your choice. You can also use it as sandwich bread.

Step 9: Place the remaining bread in an air-tight container and store in the refrigerator.

Nutritional analysis per serving: calories 210, fat 19 g, protein 9 g, carbohydrate 6 g, sodium 301 mg