

BREAD, CARB-FREE (with linseeds)

(courtesy TRMR)

Ingredients:

2 cups milled linseeds (use coffee-grinder)

5 egg whites

2 whole eggs

5 tablespoons coconut or olive oil

1 teaspoon baking powder

1 teaspoon salt

½ cup water

3g stevia

2 teaspoons apple cider vinegar

Method

Preheat oven to 180 degrees C

Mix dry ingredients

Add wet ingredients and form a batter

Pour into a greased bread tin and bake until cooked through middle. Takes about 30 minutes

Tip over cooling rack. Slice only when cooled. Slice and store in freezer if not eaten at once.