SUPER EASY GRAIN FREE BREAKFAST TOAST FOR BUSY PARENTS

10 Painless Paleo Breakfasts for Busy Parents: No 3 Super Easy Grain Free (But Grainy) Breakfast Toast

Paleo Grain-Free "Grainy" Bread

The baker waiting for his bread to bake.

(claire blurb and say re cashew bread if they would like it to make comment)

Prep time
10 mins
Cook time
50 mins
Total time
1 hour

Author: Claire D

Recipe type: Bread
Type of food: Paleo
Serves: 1 loaf
What you need:

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- (claire blurb and say re cashew bread if they would like it to make comment)
- WHAT YOU NEED
- Dry ingredients:
- 4 cups almond meal
- ½ cup ground flax meal (linseed)
- 4 tbsp coconut flour
- 1 tbsp black (or white) chia seeds
- 4 tbsp chopped nuts (cashew/almond/macadamia nuts best – whizzed in food processor until in small chunks but not too much)
- ½ tsp salt
- 1 tsp baking soda
- Wet ingredients:
- 10 large (size 7) free range eggs – yes this is a LOT of eggs!!
- 2 tbsp apple cider vinegar
- 2 tbsp coconut oil

What to do…

1. Preheat the oven to 160 and grease a 20cm X 10cm loaf tin.
2. Mix all the dry ingredients together in large bowl.
3. In separate bowl first whisk the eggs then add in the remaining wet ingredients.
4. Add the wet ingredients to the dry and stir through so well combined. The mixture will be more like a batter than a dough.
5. Pour the batter/dough into the loaf tin and spread evenly. If you like, add some extra seeds on top.
6. Bake for 45-55 minutes or until golden brown and skewer inserted in centre comes out clean.
7. Remove from oven and allow to cool before removing from loaf tin.
8. Store this bread in the fridge for up to a week but of preference store in the freezer for up to 3 months (making sure you cut it first if wanting to use it daily).

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