

Bread Premix:

Ingredients: sunflower seed flour, golden flaxseed flour, coconut flour, erythritol, salt, baking powder, psyllium husk, xanthum & guar gum.

To make 1 loaf

Ingredients:

2 cups (230g) of flour out of your premix bag
5 eggs
2 tbsp plain yoghurt or 70mls milk
100g oil of choice, melted (ie: coconut/butter)

Method:

Put dry ingredients into a bowl
Beat the oil, eggs and yoghurt/milk together.
Add to the dry ingredients, mix well.
Spoon into a greased loaf pan
Bake at 180 degrees for +/- 1 hour

Optional extra's to add are mixed herbs, bacon, fried onions, sun dried, tomatoes, olives, cheese etc.

Nutritional Data per 230g flour:

*Calories: 797, Carbohydrates: 62.5g, Fibre 58.3g,
Sugars: 4.2g , Total Fat: 47.5g, Saturated Fat:7.8g, Monosaturated
Fat: 9.9g, Poly Fat: 26.3g,
Protein: 23.5g, Sodium 2483mg
(total carbs per 1 loaf 4.2g)*