



GLUTEN FREE

DAIRY FREE

LOW IN CARBS

GUILT FREE BREAD

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✓ Mix together:

- 1 cup of almond flour
- 1 cup of arrow-root flour
- 1/3 of a cup of coco flour
- 1 tsp of sea salt



✓ On the side.

✓ In another bowl :

- 1 ¼ cups of water at a temperature between 105 and 110 degrees Fahrenheit (important use a thermometer)
- 2 tsps of bio cane sugar
- 2 tsps of yeast (Instaferm)



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Mix and wait 10 minutes for the yeast to rise.

- There should be a foam on the top.

✓ Add:

- 2 tbsp of ground chia (important)
- 1 tbsp of psyllium or USANA Fibergy

✓ Mix and wait 5 minutes.

✓ Once the mix becomes gelatinous stir into the dry ingredients.

✓ Knead with your hands until you obtain a dough ball.

This may take 4 or 5 minutes of kneading.



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✓ Put the dough ball in a bowl and put it in an unheated oven for an hour.



✓ Then, put parchment paper on a cookie sheet (not pyrex) and deposit the dough ball.



✓ Set the oven to 350 degrees fahrenheit for 1 hour and 15 minutes.

- Baking time may vary depending on your oven.

