

FLUFFY ALMOND BREAD



Fluffy Almond Bread

Makes 1 loaf

I love all the little air holes in this bread, along with the seeds and the great flavor! I adapted it from "Eat Rich Live Long" by Ivor Cummins & Jeffrey Gerber, MD, and I think you will love making toast in the morning with it or taking a slice out of the freezer for a snack.

**1/2 stick (1/4 c.) real butter,
melted but not hot**

2 c. blanched almond flour

1 Tbs. coconut flour

1/2 tsp. salt

**1/2 c. shredded mild cheddar
cheese**

1/2 tsp. baking soda

1 tsp. white vinegar

10 large egg whites

Preheat oven to 325 F. Line a 9x5-inch loaf pan with parchment paper, trimming around the edges of the pan.

Melt the butter and allow it to cool while you mix the other ingredients.

Combine the almond flour, coconut flour, salt, cheese, baking soda, and vinegar together in one bowl and set aside.

In a large, clean mixing bowl whip the egg whites until stiff. Fold in the cooled melted butter. Gently fold in the almond flour mixture, keeping as much air in the whipped egg whites as possible.

Pour the batter into the loaf pan and sprinkle with sunflower seeds and/or sesame seeds if desired.

Bake for about 35 minutes, or until the crust is starting to brown. Allow to cool in the pan for 10 minutes, then cool completely on a wire rack before slicing.

Store in an airtight container in the refrigerator for up to 4 days, or slice and then freeze for longer storage.