Better Breads™

25 Quick & Delicious, Gluten-Free Paleo & Low Carb Breads

INSIDE:
CHEWY, BREADY GOODNESS... NOT A GRAM OF GRAIN!

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BAKING BETTER BREADS

You’re just minutes away from biting into a chewy and delicious piece of bread, fresh from the oven.

And while the breads you will find in this book are reminiscent of the ones you know and love, they are altogether different when it comes to your body and your health.

If you’re reading this, you probably know that eating traditional bread can elicit a wide range of unhealthy (and uncomfortable) symptoms. It can even contribute to or worsen numerous health conditions, including:

- Anemia
- Anxiety
- Autism
- Autoimmune disease
- Blood Sugar Spikes
- Brain Fog
- Cancer
- Dementia
- Depression
- Fatigue
- Hair Loss
- IBD
- Inflammation
- Insomnia
- Migraines
- Nutrient Deficiencies
- Osteoporosis
- Visceral Fat Storage
- Many more

While gluten is a big part of the problem, there are many other compounds in grains that are just as problematic. Unfortunately, even gluten-free grains can threaten your long-term health, your immune system and your waistline – in particular, due to their high glycemic values (and in the case of rice flour, the arsenic content).

That’s why I created Better Breads – a complete guide to baking grain-free bread. This book includes 25 quick and delicious body-friendly bread recipes that can be made with simple ingredients, very little hands-on time and just a few basic kitchen tools.

As you know, baking is a science. And baking with gluten-free, low-glycemic ingredients is an EXACT science. These ingredients don’t behave the way traditional baking ingredients do. And there was no guidebook to follow when I was creating these recipes. They are the result of years of experience working with these ingredients, an extensive amount of research and more experiments than I can count.

To create each one of these recipes, I tested several variations of each formula until I got it just right in terms of taste, texture, rise, crumb, ease of preparation – and virtually any other variable you can think of. In some cases, it took a dozen different formulations of a single recipe until I was satisfied the outcome.

Then, I tested and retested the final version to make sure that the results were consistent every time. I had to be sure that every recipe in this book is easy to make and tastes great... and that your results will come out just like the picture – every time!
And because each one of us has unique taste preferences and dietary needs, you will find that the recipes in this book are suitable (or can be modified) for those with:

- Egg allergies
- Tree nut / peanut allergies
- Dairy allergies
- FODMAPS
- Paleo diets
- Blood sugar issues / reduced carbohydrate requirements

I have included quite a number of tips and specific advice to help you achieve perfect results. I’ve also taken special care to provide ingredient substitutions whenever possible for those with allergies and intolerances. So I strongly encourage you to read the entire introduction to this book BEFORE you set out to bake your first recipe.

Please know that we are totally committed to your success. But we need your feedback to determine how any of these recipes can be improved... or if you believe there is information that should be included in this book. If you have any comments or feedback (especially regarding your results) we want to hear from you.

Here’s how you can reach us: info@healinggourmet.com

I sincerely hope you love each recipe in this book. I also hope that the process of baking these breads brings you great pleasure and enjoying them brings you closer to the body and health you deserve.

To Better Breads for Better Health!

Kelley Herring

P.S. Every one of the recipes in this book can be made by even the most inexperienced baker. There are no complex techniques or drawn out processes. But there will always be those times when you don’t want to bake from scratch.

You just want to empty a packaged mix into a bowl, whip it up and slide it in the oven. But you also know just how hard it can be to find packaged mixes for desserts, bread and breakfast that are not filled with sugar, wheat flour and other unhealthy ingredients.

That’s where our sister company Wellness Bakeries comes in...

We have created more than dozen all-natural, low-glycemic and gluten-free mixes you can use to create delicious (and healthy!) cookies, cakes, biscuits, bread, pancakes, hot chocolate and more!

If you’re interested, please visit Wellness Bakeries.

Use the coupon code BREAD for 10% off your entire order.
STOCKING YOUR PANTRY

Before we begin this section, it is important to note that the majority of our readers are in the United States. All of the ingredients listed below can be readily purchased from Amazon or online, directly from various manufacturers. Many of these ingredients are also available at your local grocery or health food store.

For the greatest convenience, availability and cost effectiveness, we have provided links directly to Amazon or to the manufacturers’ websites for most ingredients. Please note that Amazon offers free shipping for most of the ingredients and tools listed below as long as your cart total is over $35 (and of course, shipping is always free for Amazon Prime members).

However, we also know that we have thousands of readers from countries around the world. We appreciate each and every one of you! We also understand that some of these ingredients (or specific brands) may be more difficult to find in some countries – although most should be available with a bit of digging and online research.

If you are not able to locate a specific ingredient in your local health food market, try a Google search for the specific ingredient with your country tagged onto the search. This will usually bring up any distributors or retailers in your country (although they may not always be listed on the first page of results). Also, many U.S. manufacturers and distributors will ship to international destinations.

Finally – whether you are located in the U.S. or abroad – if you do not find these ingredients in your local health food store or specialty grocer, please ask the manager to consider carrying these products. It is only through local awareness and customer requests that availability of these healthy alternative ingredients will grow!

FLOURS & FLOUR ALTERNATIVES

CREAMED COCONUT

Creamed coconut is the unsweetened, dehydrated meat of mature coconuts that has been ground into a paste. It contains no additives (not even water) and all the fiber of the coconut. The consistency is rich and creamy – due to its high fat content – with a coconut essence.

Creamed coconut is also sometimes called coconut butter, coconut cream concentrate, or simply coconut concentrate. Look for these alternate descriptions if you have trouble finding “creamed coconut.”

Also, please note that “Creamed Coconut” is NOT the same thing as “Coconut Cream.” Coconut cream is the thick, creamy substance on the top of a can of coconut milk.
Many folks are surprised when they first open a packet of creamed coconut for use in one of our bread recipes. With its creamy consistency, even knowledgeable bakers assume that bread made with this ingredient will turn out like a pancake.

It won’t… I promise!

When combined with eggs and a leavening agent, creamed coconut helps to create a light-textured bread with a variety of personalities. From a standard sandwich loaf to herbed focaccia, you’ll love how easy it is to make bread with this pourable batter.

Better still, breads made with this ingredient are packed with medium-chain triglycerides (MCTs). These unique fatty acids found in coconut help boost your metabolism and are quickly burned for energy (rather than stored as fat).

The brand we use (and love) is Let’s Do Organic Creamed Coconut. If you find that this ingredient is not available, there are many recipes for making creamed coconut or coconut butter online.

**PLEASE NOTE:** If you are making a savory bread and want to reduce any coconut flavor, consider adding 1-1½ teaspoons of onion powder to the dough. This is usually not enough to give the bread an onion taste, but just enough to mask the coconut (if that is an issue).

**ALMOND FLOUR**

This high protein flour has a light texture and is a must-have in your (better) bread-baking pantry.

There are two important considerations when choosing an almond flour for these recipes. First, you want to be sure that the almonds have been blanched and the skins removed. This is known as “blanched” almond flour.

You also want to be sure that the almonds are finely milled and not too coarse. Look for almond “flour” and avoid almond “meal.” *(NOTE: Bob’s Red Mill brand is too coarsely ground is not the best choice for the recipes in this book.)*

Honeyville Blanched Almond Flour is the brand that we have in all of the recipes in this book. This is a consistently high-quality product and one we trust. Anthony’s Almonds Blanched Almond Flour is also a quality product that may be priced a bit lower.

Anthony’s also sells a “culinary grade” almond flour. This just means that it is milled to an even finer consistency and is sold at a slightly higher price. This might help your breads to achieve a slightly more uniform texture, but it is NOT required. Any finely milled almond “flour” will work just fine.

For the longest shelf life, almond flour should be stored in a cool, dark place.

**Are you allergic to nuts? Then try...**
SUNFLOWER SEED FLOUR

For those who are nut-free, you can substitute Sunflower Seed Flour – gram for gram – in all of the recipes that call for almond flour in this book. It can also be combined with almond flour as a blend.

There are a few companies who sell packaged sunflower seed flour. Two ready-milled brands we recommend are EatSeed and Gerbs.

It is also quite easy and inexpensive to make your own in a blender or food processor. See our section on Homemade Grain-Free Flours below for the easy steps. However, please take it slowly. There is a fine line between turning nuts and seeds into “flour”... or turning them into “butter.”

COCONUT FLOUR

Coconut flour is a high-fiber ingredient that is a great addition to grain-free flour blends. It is also inexpensive and widely available.

Because of its density and ability to absorb moisture, coconut flour (when used alone) requires roughly one egg per Tbsp. to achieve a light and moist texture. Many bakers have results that are disappointingly dense when they rely exclusively on coconut flour. The best results are achieved when it is blended with almond flour and other grain-free flours.

We've had great success with the recipes in this book using Nutiva Coconut Flour. You might also consider Anthony's Organic Coconut Flour. Both of these products are available through Amazon, with free shipping when your total cart value exceeds $35.

Are you allergic to coconut?

Considered a “tree nut” by the FDA, coconut is actually not a nut at all. It is the seed of a drupaceous fruit. And while it is possible to be allergic to coconut, cross reactivity for those with tree-nut allergies is very rare. As always, if you have a concern, consult your doctor and get tested.

Regarding substituting coconut flour, keep in mind that the ingredients in this book are already being used to replace certain traditional (and not-so-good-for-you) ingredients. Therefore, it is not always easy to replace “the replacement” and get the same results.

For the recipes where coconut flour is the primary dry ingredient, we have not found a way to successfully replace it. For the recipes where a small amount of coconut flour is used or those where it is blended with a number of other dry ingredients, you can use the other dry ingredients to replace the coconut flour. For example: To replace 30 grams of coconut flour, increase the other dry ingredients by 30 grams, using approximately the same ratio that they exist in the original recipe.

GREEN BANANA FLOUR

Are you new to green banana flour? So is just about everyone...
We had heard about this gluten-free flour alternative for several years. We had even seen studies regarding its health benefits. But we couldn’t find it available for sale anywhere, including overseas.

However, thanks to our friends **WEDO Gluten Free** this amazing new staple is now available in the United States.

As the name implies, green banana flour is made from unripe bananas that have been dried and pulverized into powder. Green banana flour acts a lot like wheat flour in baking. And while this flour does contain carbohydrates, it has an extremely high proportion of a special kind of carbohydrate called **resistant starch**.

Resistant starch is a starch that evades (or is “resistant” to) digestion by the stomach. When it reaches the colon, it acts as a unique fermentable food source for the healthy bacteria that live there, providing the host (that’s you!) with a variety of health benefits.

Resistant starch has been found to benefit blood sugar balance, improve digestion, boost the immune system, encourage fat loss, increase satiety and more.

However, there is a catch: Resistant starch provides these benefits in its raw form. When it is heated, the structure uncoils and becomes a digestible starch like any other carbohydrate. To get the benefits of resistant starch in green banana flour, let your bread and other baked goods chill after baking. The cooling helps resistant starch regain its native coiled structure, conferring those healthy benefits in your bread.

**Note:** This product is available in a few grocery stores in the U.S. It is also available through Amazon and directly from the company. To our knowledge, it is NOT commercially available outside the U.S. For this reason, we only included green banana flour in two recipes. If you wish to create these recipes without this ingredient, please use the same method used to replace coconut flour detailed above.

**TAPIOCA FLOUR**

Tapioca flour is the dried and ground root of cassava, or tapioca plant. With a light and airy texture and high amount of starch, this grain-free flour can play a number of roles in baking.

You should be aware that this is a high-carbohydrate flour with a high glycemic index. For this reason, we do not use this flour in most recipes. It is only used in a few of the recipes which include yeast. Even then, only a limited amount is used as a form of carbohydrate for the yeast to feed on (thus producing rise).
If you find that a recipe containing tapioca seems a bit “gummy”, replace some or all of the tapioca with arrowroot. Likewise, if tapioca is not available, arrowroot may be substituted gram for gram. Both are available on Amazon.

**ARROWROOT FLOUR**

*Arrowroot* is the dried and ground root of the plant *Maranta arundinacea*. Like tapioca, it has a light texture and high starch content. Again, we use limited amounts of this flour in yeast-based breads that require carbohydrates for leavening. It also helps to lighten the texture of biscuits and promotes a chewy crust on yeast-based breads. In case arrowroot is unavailable, substitute tapioca starch, one for one.

**GLUTEN REPLACEMENTS**

You probably haven’t heard too many *good things* about “gluten” in recent years. It seems to be the villain of the day in the world of health and nutrition... and for good reason. Gluten causes inflammation in the gut, which can lead to a host of serious health concerns – even for those who have not been diagnosed with celiac disease or an intolerance to this problematic protein.

But when it comes to baking, gluten does have a “good” side...

- Gluten helps bread and baked goods to rise and increases volume
- It provides structure and elasticity, so that dough can be stretched and formed
- It increases binding and holds baked items together
- It retains moisture and prolongs shelf life

If you do not use certain functional ingredients to replace the gluten and natural gums found in wheat, your gluten-free baked goods will lack that wonderful chewy texture we all love so much about bread. They will also turn out flat, crumbly and dry and will go stale more quickly.

So let’s discuss the ingredients that work best to replace the characteristics of gluten – without the health-harming consequences!

**PSYLLIUM HUSK POWDER**

If you’ve heard of psyllium husk before, it is probably related to its ability to (ahem!) “cleanse” the system and promote digestive regularity. Psyllium has also been shown to reduce appetite and improve blood sugar balance.

**These are all nice benefits. But the reasons we use psyllium in this book are for its remarkable properties in baking and its ability to help gluten-free breads rise and taste like the “real deal.”**

The fiber found in psyllium is referred to as mucilaginous. This type of fiber is thick, gluey and gelatinous. In other words, it shares a number of physical properties with gluten. In fact, it can help
provide the same spongy structure and stretchy texture that you’ve come to know and love about breads that contain gluten.

VERY IMPORTANT: Please note that all recipes in this book that use psyllium call for PSYLLIUM HUSK POWDER. While the nutritional characteristics are the same, the whole husk and the powder perform very differently when it comes to baking. Due to the increased surface area, the powder will absorb greater moisture and will do so more rapidly than the whole husk. Always use the powder – otherwise, what should be dough or batter will be more like soup!

Psyllium husk powder is widely available. However, you can also make your own by simply blitzing whole psyllium husk in a blender, coffee grinder or food processor until it becomes a fine powder. And because psyllium is a crop that is often sprayed with pesticides, we recommend that you buy organic. The product that we use is made by Frontier Natural Products Co-Op.

Can’t Have Psyllium?

While psyllium provides gastrointestinal benefits to most people, a small number are more sensitive to its effects. For these people, supplemental doses can cause digestive discomfort.

If you’re one of these people, note that the amount of psyllium used in these recipes is very low – typically one tablespoon or less in an entire loaf. So, while you may notice improved regularity, it will not be the same as taking a typical supplemental dose – unless you eat the whole loaf!

While it is rare, some people have an allergic reaction to psyllium. If you experience chest pain, vomiting, difficulty swallowing or breathing after consuming psyllium, seek immediate medical attention.

If you do not have a medical or digestive reason to avoid psyllium, we strongly suggest that you leave it in the recipes where it is called for to achieve the best results. However, for those who simply cannot have this ingredient, let’s discuss…

How to Replace the Psyllium in Better Breads

As I wrote previously, virtually all of the ingredients used in Better Breads are ALREADY replacements for traditional ingredients. It is often difficult to replace these traditional ingredients. And it can be even harder to replace the replacements.

Also, please realize that you may need to do some experimentation on your own to find out what substitutes you like the most and the best ways to use them. With that said, here are some things you might try to replace psyllium:

✔ Consider replacing the psyllium with a small amount of xanthan gum. This ingredient also helps to provide binding, elasticity and structure-building properties. For most recipes you would need to use about ¼ teaspoon of xanthan gum per cup of dry ingredients to achieve good results.
In any recipes that call for eggs, separate the yolks from the whites. Whip the egg whites at high speed with a ¼ teaspoon of cream of tartar (which helps to stabilize the whipped whites). Whip until peaks form. This is a mechanical means to achieve greater lift or “spring.”

You may also replace the psyllium with the same amount of ground flax seeds or ground chia seeds. However, keep in mind that many of these recipes already call for these two ingredients. You might also use a combination of ground flax, ground chia and xanthan gum.

**ORGANIC GOLDEN FLAXSEED**

Ground flaxseed is another ingredient that can add binding properties and chewiness to breads, similar to the characteristics of gluten. It can also be used as a substitute for eggs in some cases (more on this below). Choosing golden flax gives baked goods a lighter color than traditional brown flax. Because flax is high in ALA omega-3 fat (which is susceptible to spoilage and rancidity) it is best to buy whole seeds and grind them fresh. However, we do like Premium Gold Organic Flaxseed, which is cold-milled and has been shown to have a shelf life longer than one year without spoilage.

**CHIA**

Like flax, chia is also a mucilaginous food that helps to create a chewy texture and binds ingredients together in baked goods. It can also be used as a replacement for eggs. When using chia, be sure to grind it very finely using the flat blade of a Magic Bullet or a high-powered blender. Otherwise, you risk creating pockets of gumminess in your baked goods. If you mill more than what is required for your recipe, store the remainder in an airtight container in the refrigerator to reduce oxidation. We recommend Nutiva Organic White Chia Seed. Darker varieties of chia can be used with no difference in taste, but it will create visible black specs in your breads.

**LEAVENERS & RISING AGENTS**

**CREAM OF TARTAR**

An acidic by-product from the wine-making process, cream of tartar helps to stabilize egg whites (keeps beaten egg whites fluffy and helps the “peaks” last longer). Cream of tartar also helps to “activate” baking soda, producing gas bubbles in the dough that cause bread to rise.

**BAKING SODA**

Baking soda (or sodium bicarbonate) is an alkaline ingredient. When it is combined with moisture and an acidic ingredient (lemon juice, apple cider vinegar, cocoa, buttermilk), the resulting chemical reaction
produces carbon dioxide bubbles. Because the reaction begins as soon as you mix the ingredients, it is important to bake recipes right away to achieve desired leavening.

**BAKING POWDER**

Baking powder contains sodium bicarbonate (baking soda), an acidifying agent (cream of tartar) and a drying agent (typically starch). If you tolerate corn and are not strictly grain-free, you may wish to buy a high quality, aluminum-free baking powder such as Bob's Red Mill Double Acting Baking Powder Aluminum Free. For a grain-free option, whip up your own Grain-Free Baking Powder using the recipe in this book.

**PASTURED EGGS**

Pastured eggs are one of Mother Nature’s superfoods. If possible, seek out farm-fresh eggs from your local organic farmer to get the highest levels of nutrients and healthy fats. All eggs used in our recipes are large eggs.

If you are egg-free, please see the section on Egg Substitutes.

**ACTIVE DRY YEAST**

Yeast is the age-old leavening agent for bread. It works by converting the fermentable sugars (carbohydrates) in the dough into carbon dioxide and ethanol, creating rise.

Because the vast majority of the breads in our book are very low carb, yeast is not used as the leavening agent. In the recipes that do call for yeast, we use small to moderate amounts of flours with higher carbohydrate counts (although always gluten free). When using yeast, we recommend organic dry active yeast that has not been genetically modified.

If you’re wondering if yeast is Paleo, Dr. Sarah Ballantyne, PhD (The Paleo Mom) wrote a great article on the topic and why yeast in foods can be beneficial.

**ORGANIC APPLE CIDER VINEGAR**

Apple cider vinegar (ACV) is a weak acid that helps produce rise in baked goods when combined with a base (like baking soda or baking powder). You’ll find this ingredient in many of our bread recipes in this book.

Because apples are crop often sprayed with numerous pesticides, be sure to always buy organic ACV. Also, because it is acidic, make sure you choose a brand that is bottled in glass to avoid harmful endocrine disrupting chemicals, which can be leached from plastic containers. We like Bragg’s Organic Apple Cider Vinegar.
LEMON JUICE

Lemon juice imparts similar acidic qualities to baked goods as apple cider vinegar. It also adds a citrus flavor that complements scones and sweeter breads especially well. Fresh lemon juice is an excellent choice, but for convenience and cost-consciousness we like Santa Cruz Organic Lemon Juice.

A FEW WORDS ABOUT “BAKER’S AMMONIA”

It is a relatively common phenomenon that grain-free / gluten-free breads can produce a faint odor, often referred to as “baker’s ammonia.” You should not notice this at all with most of the breads in this book.

In case you do, however, please note that the odor usually dissipates within a matter of hours. Slicing and then toasting the bread also causes the smell to dissipate. It can also be eliminated with a few simple steps, detailed below.

But first, please put your chemistry goggles on for a moment...

This smell is not actually ammonia. It is ammonium and is perfectly safe. In fact, ammonium carbonate has been used by bakers in Europe for centuries. Like all things in chemistry, the presence of an extra molecule (or lack thereof) can totally change a compound’s activity.

It can be caused when the proteins in egg whites (which are nitrogen-rich) react with baking soda (a base). One way to help eliminate this is to combine your dry ingredients and the baking soda or baking powder in one bowl. Then combine the wet ingredients (except for the eggs) with the acid (lemon juice or apple cider vinegar).

After combining the dry ingredients with the wet, allow this acid-base reaction to occur for one minute. THEN add the eggs. By doing this, you cause the acid-base reaction to take place preferentially over the nitrogen-base reaction.

The next possible reason for an ammonia smell is the type of pan used. Many people who report experiencing this found that nonstick pans caused the smell and that glass or ceramic pans (which are inert) do not cause the same reaction. Vinegar and lemon juice (acids) can react with metal and cause a chemical smell.

Another factor can be the baking soda you use and its age. We use Arm & Hammer in our baking. There is a simple test to determine if your baking soda is still good: Mix one teaspoon in a glass bowl with two tablespoons of vinegar. If there is a nice burst of bubbling, your baking soda is still good. If not, splurge on another 50 cent box.

Another possible cause: the recipe may need a bit more acid. In contrast to grain-based flours which are more acidic, almond flour is quite basic. By increasing the acidity with a bit more vinegar, lemon juice or cream of tartar you can bring the pH level into the correct neutral range when baking with nut flours. Please note that lemon juice is more acidic than vinegar, so you can use less of this to get a more acidifying result.
All of the recipes in this book have been formulated so that you should not have to worry about any of the above. Simply follow the instructions as they are written. However, if you do notice a trace scent in one of the recipes you love, try the steps above to eliminate it the next time you make that recipe.

**MOISTURIZERS & SWEETENERS**

**PASTURED BUTTER**

When it comes to baking, it’s hard to beat real, grass-fed butter. With its rich, creamy flavor, high vitamin A and CLA content and versatility, butter can be used in almost any baked good. Be sure to choose organic, pastured / grass-fed butter that contains no hormones. Our favorite brand is **Kerrygold**. If you are allergic to dairy, coconut oil or palm shortening can be used to replace butter 1-for-1.

**ORGANIC VIRGIN COCONUT OIL**

Coconut oil provides rich, buttery flavor to your favorite baked goods. Coconut oil is also slow to oxidize and resistant to rancidity. It is rich in medium-chain triglycerides (MCTs) and lauric acid (which is known to kill a variety of bacteria, protozoa, viruses and fungi - including *Candida albicans*). Be sure to buy high quality mechanically expressed virgin coconut oil from a reputable company, like **Nutiva**.

**PALM SHORTENING**

Another great alternative to butter and traditional shortenings (that contain trans fat) is palm shortening. This healthy fat can help you achieve the light, tender flakiness you desire in crusts, breads and cookies. Like coconut oil, it is also resistant to rancidity thanks to its high saturated fat content. Look for **Spectrum Palm Shortening** and **Nutiva Superfood Shortening**.

**EXTRA VIRGIN AVOCADO OIL**

This delicious oil, rich in monounsaturated fats (MUFAs), is wonderful for baking and for greasing bake ware. And thanks to a flash point of 500° F, it is an excellent oil to use for cooking at higher temperatures. You can substitute avocado oil in any recipe that calls for olive oil.

**PASTURED LARD, GRASS-FED TALLOW & FREE-RANGE DUCK FAT**

These highly stable fats add flavor and texture to just about any baked good – from crusts to buns. Keep in mind that tallow has the most neutral flavor and is best for “sweeter” recipes. Savory recipes do well with all three. Always choose animal fats from properly-raised animals.
GRASS-FED GELATIN

This is a binder with benefits! Instead of using xanthan gum (which may cause digestive upset in some people) or guar gum (derived from a legume), you’ll see that we use gelatin in some of our recipes to improve moisture retention and reduce crumble. Gelatin is highly beneficial for the gastrointestinal tract and also promotes healthy skin, hair and nails thanks to its unique amino acid composition. Choose gelatin derived from a grass-fed source. We like Great Lakes Gelatin.

RAW HONEY

In yeast-based recipes that require some sugar for the yeast to feed on, raw honey is a good choice. It is interchangeable with the other caloric sweeteners we’ve listed here. Look for raw, unpasteurized honey from a local source.

MAPLE SYRUP

Like honey, maple syrup is a suitable sugar source for our yeast-based breads. Look for organic, grade-B maple syrup which has the highest nutrient content.

YACON SYRUP

Yacon syrup is extracted from the roots of the Yacon plant or Smallanthus sonchifolius. It grows natively in the Andes Mountains in South America and has been used for medicinal purposes for hundreds of years in South America. Yacon is a potent source of fructooligosaccharides (FOS) – a type of fermentable fiber with a sweet taste and prebiotic benefits.

STEVIA

Stevia is a super-sweet herb native to Paraguay that is up to 300 times sweeter than sugar. Use stevia sparingly: ¼ to ⅔ tsp of pure stevia extract or 10-20 drops of liquid stevia extract is an appropriate range for most recipes that need a bit of sweetening. However, it is usually best to use less than what is called for and then taste test. If additional sweetness is desired, add a bit more until the proper level is reached.

PALM SUGAR

Made from the evaporated sap of the coconut flower, palm sugar (also called coconut sugar) tastes similar to brown sugar, although with greater complexity. However, unlike sugar’s score of 60-65 on the glycemic index, coconut sugar ranks a low 35. Coconut sugar was also found not to spike blood sugar levels in studies. What’s more, while brown sugar is virtually devoid of nutritional value, palm sugar contains minerals, including potassium and magnesium.
SALTS & SEASONINGS

SEA SALTS

All of the recipes in this book use Real Salt when salt is called for. Not only is Real Salt an unrefined salt with a full spectrum of naturally-occurring minerals, it is also mined from a primordial sea and is therefore free from the pollutants that are common in the modern world. For flaky salt, we use Maldon.

HERBS

When using herbs in bread batters, it is typically best to use finely chopped fresh herbs. Using dried herbs can sometimes leave dark, unappetizing-looking spots inside of your bread. Dried herbs can be used on the exterior of breads without issue.

SPICES

Spices are a super-potent source of antioxidants and a wonderful way to add unique flavors to your bread creations. Feel free to add spices of your choosing to any of the breads in this book. Health-promoting turmeric, cayenne pepper, cinnamon, fennel and cumin are great options.
HOMEMADE GRAIN-FREE FLOURS & STAPLE RECIPES

SUNFLOWER SEED FLOUR

If you like the taste and texture that almond flour produces in baked goods, but need to avoid nuts, sunflower seed flour is a great option! Like almond flour, it is also rich in protein and fiber and has a mild nutty flavor that compliments most baked goods.

The ready-milled brands we recommend are EatSeed and Gerbs.

However, making sunflower seed flour at home is easy. Using a food processor or a high-speed blender, add raw (or soaked and dehydrated) sunflower seeds to the vessel. Pulse until you have created a flour-like consistency. Be very careful not to over-grind. This will produce sunflower seed butter. It may help to sift the ground flour through a mesh strainer, adding the larger pieces back to the blender until you have created a homogeneous texture.

One cup of sunflower seeds yields roughly one cup of flour.

Because the oils in nuts and seeds can go rancid, it is best to make this flour in small batches to use within a short period of time. You may also store the milled seeds in an airtight container in the refrigerator or freezer.

Finally, when using sunflower seed flour with baking soda, you may notice a green tinge. It is safe to eat, but you can reduce this reaction by adding a teaspoon of apple cider vinegar to the recipe.
GRAIN-FREE BAKING POWDER

To avoid the cornstarch in commercial baking powders, you can make your own using just three simple ingredients. You may use this recipe any time baking powder is called for.

YIELD: 30 tsp.

INGREDIENTS
- 4 Tbsp. organic arrowroot powder
- 12 tsp. cream of tartar
- 6 tsp. baking soda

DIRECTIONS
- In a small bowl, whisk all ingredients.
- Store in an airtight container.

DAIRY-FREE SOUR CREAM

Sour cream lends moisture and tenderness to baked goods, thanks to its acidity. If you tolerate dairy, we recommend purchasing sour cream from a local source that is unpasteurized and made from grass-fed milk. Nancy’s Organic Cultured Sour Cream is a good commercially-available alternative. If you’re purely Paleo or wish to avoid dairy, this recipe makes the perfect stand-in. It’s also perfect with enchiladas or tacos (using our Grain-Free Tortillas!)

YIELD: 2 cups (varies depending on amount of cream in each)

INGREDIENTS
- 2 cans Native Forest Organic Classic Coconut Milk (13.5 oz) or 3 cartons Aroy-D Coconut Milk (8.5 oz), chilled
- 1 tsp. probiotic powder with nothing else added (like Iflora Multi Probiotic Powder)
- 1 pinch sea salt

DIRECTIONS
1. Place the coconut milk in the refrigerator overnight. Open the cans or cartons and scoop off the thick white cream at the top. Pour the water into a jar (reserve for smoothies or sauces).
2. Heat the coconut cream in a small saucepan over the lowest heat to roughly 100 degrees F. This will encourage probiotics to multiply. Remove from the stove and whisk in probiotic powder. Pour into a clean quart jar, cover with cheesecloth or a clean dishtowel secured with a rubber band.
3. Let the jar sit for 24 to 48 hours on your kitchen counter. Then stir in a pinch or two of sea salt, cover with a lid and place into the refrigerator to solidify.
### PALEO CREAM “CHEESE”

The favorite breakfast of New Yorkers – a bagel with cream cheese – is not the healthiest way to start your day. This simple recipe provides the tangy cream cheese goodness to top your grain-free bagel, sans dairy or additives.

**YIELD:** 24 Tbsp. (Serving Size = 1 Tbsp.)

**INGREDIENTS**

- 1½ cups raw cashew halves
- ¼ cup organic apple cider vinegar
- 2 Tbsp. fresh lemon juice
- 2-3 Tbsp. water

**DIRECTIONS**

- Place raw cashew halves in a glass dish and fill with filtered water. Cover and soak for 24 hours.
- Drain and rinse the cashews.
- Pour soaked cashews in a blender or food processor and add vinegar and lemon juice. Blend on low, adding water a little at a time until a smooth mixture is created (about 2 minutes)
- Set puree aside for one hour.
- Drape a tall container with two pieces of cheesecloth. The double layer will help to create a thicker cream cheese.
- Scrape the cream cheese mixture onto the cheesecloth and pull up the sides of cheesecloth and tie with a piece of string.
- Hang the tied cheese bag on a wooden spoon and let it drape into a container. Make sure it is suspended so the liquids can drain.
- Leave at room temperature for 24 hours. Then open the cheesecloth and scrape your cream cheese into a glass container and store in the fridge.

**NUTRITION INFORMATION PER SERVING**

84 calories, 7 g fat, 1 g saturated fat, 4 g monounsaturated fat, 1 g polyunsaturated fat, 0 mg cholesterol, 5 g carbohydrate, 1 g sugar, 0.5 g fiber, 3 g protein
**EGG SUBSTITUTES**

Eggs are a nearly-perfect superfood... unless you have an egg allergy!

Unfortunately, commercial egg replacers can contain soy protein and wheat gluten – two highly processed, allergenic ingredients that can cause digestive discomfort for many people and do not promote optimal health.

However, there are natural, unprocessed and allergen-free ingredients that can be used to replace eggs. In fact, they’re probably in your pantry right now!

**Before attempting an egg substitute, you need to determine what function the eggs are supposed to serve in your recipe. Eggs can be used to bind, leaven or moisturize.**

If a recipe contains only one egg (but a fair amount of baking powder or baking soda), the egg is serving as the binder. This is an easy replacement that can be achieved with almost any of the substitutes listed below.

On the other hand if a recipe calls for many eggs – they are acting as the leavener and the binder.

In this case, substituting the eggs will probably be a flop.

As a general rule, the fewer eggs a recipe calls for, the easier they will be to substitute.

- ✓ 2 Tbsp. arrowroot flour = 1 egg
- ✓ 2 Tbsp. potato starch = 1 egg
- ✓ 1 mashed banana = 1 egg
- ✓ 1 Tbsp. milled flax seed + 3 Tbsp. water (set to gel) = 1 egg
- ✓ 1 Tbsp. milled chia + 3 Tbsp. water (set to gel) = 1 egg
- ✓ ¼ cup unsweetened apple sauce = 1 egg
- ✓ ¼ cup organic plain yogurt, whipped = 1 egg
- ✓ 2 Tbsp. water + 1 Tbsp. oil + 1 tsp. baking powder. Mix well. = 1 egg
- ✓ ¼ cup cooked pumpkin or winter squash = 1 egg
- ✓ 1 tbsp agar agar powder + 1 tbsp water. Whip together. Chill. Whip it again. = 1 egg white
- ✓ ¼ tsp. xanthan gum + ¼ cup of water. Let stand, then whip = 1 egg white
TOOLS YOU WILL NEED

**Kitchen Scale** – It is important to bake by weight, not volume (see section below)

Mixing Bowls

Loaf Pans – 9’’ x 5’’, 8’’ x 4’’, 7.5’’ x 3.5’’ *(Magic Line Loaf Pan)*

High-Powered Blender

**Magic Bullet Blender** or Coffee Grinder

Hand Mixer

Unbleached Parchment Paper

Cellophane

Baking Sheets

Silicone Spatulas + Wooden Spoons

Measuring Cups – You will need at least one glass or clear plastic measuring cup for volumes of liquid

Pizza Stone or 8’’ Cast Iron Pan

Donut or Bagel Pan

Pastry Brush or Basting Brush

Cooling Racks

**Oven Thermometer and/or Countertop Oven (Optional)** - Several years ago, I noticed that my baking results did not match up with the results we expected – even when we precisely followed time-tested recipes. Often cakes and breads would rise and then fall in the center... or not rise at all. It turned out that the thermostat in our oven was faulty.

This wasn’t a big issue with a roast that stayed in the oven for several hours. But temperature variations can make a big difference in baking. If you bake bread in an oven that is too hot, the outside will be done before the inside has a chance to develop the necessary structure. When this happens, breads and cakes will often collapse.

And this is a surprisingly common failure among inexpensive residential ovens. It is not unusual for a residential oven to be off by 50 degrees F or more. Also, it is usually not worth the trouble to have it calibrated as the oven will likely be off again just a few weeks or months later.

The easiest and most inexpensive solution is an **oven thermometer**.

You may also consider a [Breville Countertop Smart Oven](#). I love the convenience, precision and energy efficiency this appliance offers. We use a high-end commercial oven in the Healing Gourmet test kitchen. At home, however, unless I’m cooking a turkey or large roast or something on the stovetop, just about everything else goes in the countertop oven.
MEASURING PROPERLY

Baking is a science.

Baking without gluten is an exact science.

Throughout the book, you will notice that we have provided gram weights for most dry ingredients (with the exception of staples such as salt and baking soda).

In order to get the results pictured, it is very important that you **bake by weight... not volume**.

As you begin weighing your ingredients, you will find there can be great variation from one tablespoon or cup to the next. Whether the material is densely or loosely packed, heaping or level, humidity and even your mood (seriously!) all make a difference.

**So please weigh your ingredients!**

Please note that you may find slight variation in gram measurements and volume measurements between my recipes. For example, one recipe may call for ½ cup coconut flour (50 g) and another recipe may call for ½ cup coconut flour (65 g).

**These variations are not inconsequential – they do make a difference, especially with coconut flour and psyllium – so please aim for the gram amounts provided on each recipe.**

Also, I have taken great care to provide an accurate description of each recipe, along with the photo so you have a good idea of the type of bread you will be creating and how it should turn out, before you bake it.

The words “chewy” and “crusty” are indicative of standard loaves that most people associate with bread. These elements are created using the unique combination of ingredients in the recipe. Changing just one element – even slightly – can make a big impact on the final result.

The **preparation** and **pan size** are equally as important.

**To produce the results you see in the photos, please follow the instructions exactly.**
### METRIC CONVERSIONS

#### U.S. Volume Equivalents
- 3 teaspoons = 1 tablespoon
- 2 tablespoons = 1 ounce = 1/8 cup
- 8 ounces (16 tablespoons) = 1 cup
- 2 cups = 1 pint = 16 ounces
- 2 pints = 1 quart = 4 cups = 32 ounces
- 4 quarts = 1 gallon = 16 cups = 128 ounces

<table>
<thead>
<tr>
<th>U.S. Volume</th>
<th>Metric Volume (ml/l)</th>
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</thead>
<tbody>
<tr>
<td>1/4 teaspoon</td>
<td>1.23 ml</td>
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<tr>
<td>1/2 teaspoon</td>
<td>2.5 ml</td>
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<tr>
<td>3/4 teaspoon</td>
<td>3.7 ml</td>
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<tr>
<td>1 teaspoon</td>
<td>4.9 ml</td>
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<tr>
<td>1 1/2 teaspoons (1/2 tablespoon)</td>
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<td>3 teaspoons (1 Tablespoon)</td>
<td>15 ml</td>
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<td>1/8 cup (2 tablespoons/1 ounce)</td>
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<td>2 1/2 cups (20 ounces)</td>
<td>600 ml</td>
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<tr>
<td>2 3/4 cups (22 ounces)</td>
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<td>3 cups (1 1/2 pints/24 ounces)</td>
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<tr>
<td>4 cups (1 quart/32 ounces)</td>
<td>960 ml</td>
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<tr>
<td>4 quarts (1 gallon/128 ounces)</td>
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#### Fahrenheit (F) to Celsius (C)

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<th>Celsius (C)</th>
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<td>110 C</td>
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<td>140 C</td>
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<tr>
<td>300 F</td>
<td>150 C</td>
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<td>325 F</td>
<td>170 C</td>
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<tr>
<td>350 F</td>
<td>177 C</td>
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<tr>
<td>375 F</td>
<td>190 C</td>
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<td>400 F</td>
<td>200 C</td>
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<td>425 F</td>
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<td>500 F</td>
<td>260 C</td>
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<tr>
<td>550 F</td>
<td>290 C</td>
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</table>
CARBS, SPECIAL DIETS & FOOD ALLERGIES

You may have heard that carbohydrates drive insulin, which drives fat. This is good enough reason to watch your intake of this macronutrient.

But carbohydrates also raise blood sugar levels. (Yes, even “whole” grains and “slow carbs”). And high blood sugar levels are correlated with every chronic disease, including cancer, heart disease, Alzheimer’s (often called Type III diabetes), macular degeneration, physical aging (wrinkles!) and many more.

This is why most of the breads you’ll find in this book are very low in carbohydrates, with each serving averaging just five grams of carbohydrate or less. Net carbs average roughly two grams per slice.

With this being said, we have included some “moderate carbohydrate” breads in the book for those who are active and healthy and don’t mind a few extra carbs in the diet.

Moderate Carbohydrate Breads (Are they Suitable for You?)

The “moderate carbohydrate” breads in this book are much lower in carbs than their commercial counterparts (containing only 10-18 carbs per serving). Of course, they’re also devoid of the highly inflammatory compounds you’ll find in grains. However, they do contain some starchy carbs and may not be appropriate for some people, including those with metabolic issues, diabetes and obesity or gut imbalances, like SIBO.

Please understand that nutrition is NOT one size fits all. You need to pay attention to how your own body reacts to foods and tailor your diet to what works for you. If necessary, consult a holistic health care practitioner to help you establish a baseline, uncover food allergies and special dietary needs and guide you to create your ideal diet.

Please use the nutrition information included with each recipe as a guide, and enjoy these breads as a complement to the healthy, whole foods diet our ancestors enjoyed. Remember – nothing should take the place of nutrient-dense, naturally-raised meats, wild seafood, pastured poultry, organic eggs and a variety of organic vegetables, berries, seeds, nuts and fruits.
BALANCING THE OMEGAS

One of the main critiques about “Paleo” and grain-free breads and baked goods is that consuming them can contribute to an imbalance in the optimal ratio of omega-3 and omega-6 fatty acids.

This concern stems from the fact that almond flour is often one of the main ingredients in grain-free breads and desserts (including those in this book). And almonds are reasonably high in omega-6 fatty acids.

However, the idea is NOT to recreate The Food Pyramid with these healthier options. They are not meant to be consumed in the 6-11 serving range that the USDA recommends for grains. We do not suggest that you eat almond flour pancakes for breakfast, almond flour bread at lunch, a cup of almonds as a snack and then almond flour bread and almond flour pasta for dinner!

With that said, it is not almonds you should be concerned about when it comes to inflammatory omega-6 fatty acids. It would be much wiser to limit your consumption of vegetable oils, processed snack foods (crackers, chips, etc.), fried foods, commercial salad dressings, grain-fed meats, conventionally-raised poultry and farm-raised fish.

If you strictly limit (or better yet, eliminate) these foods, then almonds will be the least of your worries. However, to further set your mind at ease about the recipes in this book, consider the amount of omega-6 fatty acids in the following foods:

<table>
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<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>OMEGA-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil</td>
<td>1 Tbsp.</td>
<td>10 grams</td>
</tr>
<tr>
<td>Raw pumpkin seeds</td>
<td>1 oz.</td>
<td>6 grams</td>
</tr>
<tr>
<td>Raw almonds</td>
<td>1 oz.</td>
<td>3 grams</td>
</tr>
<tr>
<td>Recipes in Better Breads (average)</td>
<td>1 serving</td>
<td>1 gram</td>
</tr>
</tbody>
</table>

As you can see, the average serving of bread in this book is the omega-6 equivalent to eating 1/3rd of an ounce of almonds... 1/6th of an ounce of pumpkin seeds... or 1/10th of a Tbsp. of vegetable oil.
IS IT PALEO?

The goal of consuming a Paleo diet is to return to our dietary origins – to eat wholesome, real foods that “agree” with our genetics. Of course, we’re aware that some Paleo purists would argue that no “bread-like” creation is ever truly Paleo.

After all, if you didn’t catch it, kill it, pluck it or forage it straight from the Earth before consuming, it had to undergo some form of processing (grinding, pulverizing, extracting) to make it edible.

However, we believe that grain-free breads (as well as desserts and other treats) can fall within the boundaries of a Paleo or Primal diet. In the words of paleo advocate, Andrew Badenoch:

“Paleo is a logical framework applied to modern humans, not an historical reenactment.”

You see, rather than dogmatically focusing on which foods are “allowed” or “not allowed” on a Paleo Diet, we believe it is wiser to focus on the greater “logical framework.” And the most logical framework to follow is the macronutrient ratios (fats, proteins and carbohydrates) our ancient ancestors likely consumed.

Most experts believe that our average Paleolithic ancestor consumed about 60 percent of his calories from fat, 20 percent from protein and another 20 percent from carbs (a 60-20-20 ratio). Of course, some populations (like the Inuits) consumed even more fats, while others consumed a higher percentage of carbohydrates (in the neighborhood of a 50-30-20 ratio).

By these measures, the recipes in this book are most certainly paleo. And of course, the full nutrition information is provided for each recipe.

You can also rest assured that all of the breads in this book are made from ingredients that our ancestors would have had access to and did consume, with one exception – organic psyllium husk powder. It is unlikely that our ancestors consumed this food. However it is widely consumed in modern times (often as a fiber supplement) with few reported problems.

The recipes in this book which call for this ingredient call for a small amount. But that small amount is very important. That’s because when it is added to dough and combined with eggs, it helps to create a strong protein network that traps gas and steam. This is a BIG help when you want a bread – particularly one without yeast or gluten – to rise.

In fact, we might even describe organic psyllium husk powder as a critical “secret” ingredient.
BAKING THE BEST BREAD

YEAST BREADS

Egg Wash vs. Water Spray vs. Oil Drizzle

When preparing yeast breads, many bakers like to spray the dough with water, drizzle with oil or brush with whisked egg yolk. Each one of these methods has different benefits and will produce different results.

- An **egg wash** will give a beautiful glossy or golden color to yeast breads. In the photos below, you will see that the **Crusty Boule**, **Rustic Rye** and **Dinner Rolls** all developed a nice sheen from this method. It is important to note that using an egg wash will make the crust a bit more flexible, and less crusty.

- If you want a “hard roll” crust on boule, French bread or dinner rolls, opt for a **water spray**. Or bake your bread on a pizza stone with a ceramic ramekin of water on the rack underneath your bread. While this method helps to produce a nice crusty bread, it will not have any sheen.

- An **oil drizzle** is another method for giving bread a bit of sheen and a chewy crust. I prefer using avocado oil for this as it has a higher flash point (500 F) than the traditional option of olive oil, making it less prone to oxidation during baking.

Water Temperature

In order for yeast to properly develop, the water that you add to a recipe should be between 105-110F. Use a thermometer to test before adding the yeast. Too hot and you will kill the culture. Too cold and the yeast will fail to bloom.

Yeast Bread Storage

Let the bread cool completely and place in an airtight container (preferably in the refrigerator). Enjoy within three days. These breads can also be frozen and saved for later.
Quick breads are those leavened with something other than yeast, like those featured in the first part of the recipes section of this book. Here are some helpful tips for these “quick breads.”

Choose the Right Pan

VERY IMPORTANT: If your pan is not at least 3/4 full of batter you will NOT get a nice domed loaf. This is not an issue with the recipe. This is the case with ALL quick bread recipes. If you use a pan that is too large for the amount of dough/batter, the loaf will not rise as tall as you may desire.

Use Batter Right Away

Once the water is added to the recipe, the leavening will be activated. For the best rise, bake right away.

Try the Toothpick Test

Check for doneness by inserting a toothpick near the center. It will be free of batter when baked through.

Storing Left-Over Quick Bread

Let the bread cool completely, then store in an airtight container or wrap securely in plastic wrap. Leave at room temperature for up to three days or store in the freezer for up to three months.
QUICK BREADS
Chewy and flavorful, our Sesame-Onion Sandwich bread is perfect for piling high with grass-fed roast beef or chicken salad to create the perfect grain-free sandwich.
**SESAME-ONION SANDWICH BREAD**

**GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | GOOD SOURCE OF FIBER | LOW-CARB**

**YIELD:** One 9 x 5 loaf (16 slices)

**INGREDIENTS**

- **DRY INGREDIENTS**
  - ¾ cup sifted coconut flour (80 g)
  - ¼ cup ground golden flaxseed (30 g)
  - 2 Tbsp. tapioca flour (20 g)
  - ½ tsp. baking soda
  - 1 tsp. non-aluminum baking powder
  - ½ tsp. sea salt
  - 1 tsp. onion powder
  - 2 tsp. organic psyllium husk powder (6 g)
  - 2 Tbsp. sesame seeds (14 g) + 1 Tbsp. sesame seeds (7g) for topping

- **WET INGREDIENTS**
  - 7 pastured eggs
  - ½ cup virgin coconut oil, melted
  - 2 Tbsp. organic cultured sour cream or Dairy-Free Sour Cream (see recipe above)

**DIRECTIONS**

- Grease or line the bottom of a 9 x 5 loaf pan with parchment. Preheat oven to 325 F.
- In a small bowl, combine the dry ingredients (except for the sesame seeds).
- In a medium bowl, beat the eggs, sour cream and coconut oil.
- Stir dry ingredients into wet to combine. The batter will be thick and sticky.
- Spread into pan and pat down to create an even top. Sprinkle with sesame seeds.
- Transfer to oven and bake 45-50 minutes or until a toothpick comes out clean and loaf is golden.
- Let cool on a wire rack. When completely cool, store in an airtight container.

**NUTRITION INFORMATION**

141 calories, 12 g fat, 8 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 93 mg cholesterol, 6 g carbohydrate, 0 g sugar, 3 g fiber, 4 g protein
HEARTY SANDWICH BREAD

If you love the dense texture of whole grain bread, this loaf is sure to please. Feel free to add 1-2 Tbsp. of sesame seeds or poppy seeds for a more toothsome texture.
HEARTY SANDWICH BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | GOOD SOURCE OF FIBER | LOW-CARB

YIELD: One 8 x 4 loaf (16 slices)

INGREDIENTS
• DRY INGREDIENTS
  o ½ cup sifted coconut flour (50 g)
  o ½ cup ground golden flaxseed (50 g)
  o 1 tsp. baking soda
  o ½ tsp. sea salt
  o 1 tsp. tapioca flour
  o ½ tsp. cream of tartar
  o 1 Tbsp. organic psyllium husk powder (12 g)
  o 1 Tbsp. caraway seeds, ground (optional for “rye” bread)

• WET INGREDIENTS
  o 6 pastured eggs
  o 1 Tbsp. organic apple cider vinegar
  o 2 tsp. virgin coconut oil, melted
  o 2 Tbsp. organic coconut milk (full fat)
  o 2 tsp. organic molasses or maple syrup

DIRECTIONS
• Preheat oven to 325 F.
• Grease the bottom of an 8 x 4 loaf pan or line with greased parchment paper. It is very important to use the correct pan size to achieve proper height (about 3 inches).
• In a small bowl, combine the dry ingredients.
• In a medium bowl, beat the wet ingredients.
• Stir dry ingredients into wet to combine. The batter will be thick and sticky, like oatmeal.
• Spread into pan. Transfer to oven and bake 40-45 minutes or until a toothpick comes out clean and loaf is golden.
• Let cool on a wire rack. When completely cool, store in an airtight container.

NUTRITION INFORMATION
76 calories, 5 g fat, 2 g saturated fat, 1 g monounsaturated fat, 1 g polyunsaturated fat, 80 mg cholesterol, 5 g carbohydrate, 1 g sugar, 3 g fiber, 4 g protein
This fluffy bread is a wonderful option for those who can’t have most tree nuts. With its neutral flavor, it lends itself to a variety of flavors – from Italian-style focaccia... to a simple white bread... or even a cinnamon-spiked bread that makes an excellent French toast. Because the batter is pourable, it can be made into sheet pan bread (as we did here) as well as a standard loaf, mini-loaves or typical round focaccia-style bread.
COCONUT CREAM BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | GOOD SOURCE OF FIBER | LOW-CARB

YIELD: 16 sheet-pan slices (with option for standard 9 x 5 loaf)

INGREDIENTS
• DRY INGREDIENTS
  o ¼ tsp. baking soda
  o ½ tsp. sea salt
  o 2 tsp. garlic powder
  o ½ Tbsp. dried organic herbs (basil, herbes de Provence or Tuscan)
• WET INGREDIENTS
  o 5 pastured eggs, room temperature
  o ¼ cup coconut oil, melted
  o 1 pack Let’s Do Organic Creamed Coconut
  o 5 oil-cured sun-dried tomatoes, patted dry and cut into strips

DIRECTIONS
• Preheat oven to 300 F. Grease a 13 x 9 sheet pan or line with parchment. Place creamed coconut – in its plastic packaging - in a bowl of warm water to soften.
• In a high-powered blender, add the eggs, softened coconut cream and melted coconut oil. Blend on medium speed until smooth. Add the salt, baking soda and garlic powder, blending to combine. Stir in the herbs.
• Pour the batter onto the prepared sheet pan. (NOTE: The batter will be the consistency of a thick pancake batter. Don’t be alarmed. It will get very firm).
• Scatter the sun-dried tomatoes over the top of the batter.
• Transfer to oven and bake 20 minutes or until a toothpick comes out clean and bread is golden.
• Let cool on a wire rack. When completely cool, store in an airtight container.

FOR A STANDARD LOAF: To create a 9 x 5 loaf, pour into a prepared pan and bake until bread is firm to the touch and a toothpick comes out clean, about 50 minutes.

FOR SIMPLE WHITE BREAD: Omit garlic powder, herbs and sun-dried tomatoes and bake in a standard loaf pan.

NUTRITION INFORMATION
144 calories, 13 g fat, 11 g saturated fat, 2 g monounsaturated fat, 0 g polyunsaturated fat, 66 mg cholesterol, 4 g carbohydrate, 1 g sugar, 3 g fiber, 2 g protein
ALMOND BUTTER BREAD

This slightly sweet bread has a soft crumb and delicate texture, perfect for lightly toasting and spreading with organic berry jam.
ALMOND BUTTER BREAD

GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | GOOD SOURCE OF PROTEIN | LOW-CARB

YIELD: One 9 x 5 loaf (16 slices)

INGREDIENTS

• DRY INGREDIENTS
  o ¼ cup almond flour (33 g)
  o ¼ cup tapioca flour (25 g)
  o ½ tsp. baking soda
  o ½ tsp. sea salt

• WET INGREDIENTS
  o ¾ cup almond butter
  o ¼ cup virgin coconut oil, melted
  o 4 pastured eggs
  o ½ Tbsp. raw honey

DIRECTIONS

• Grease or line the bottom of a 9 x 5 loaf pan with parchment. Preheat oven to 325 F.
• In a small bowl, combine the dry ingredients.
• In a high-powered blender or food processor, add the wet ingredients. Blend on medium speed to combine. Add in dry ingredients and continue to blend until smooth. The batter will be thick and sticky.
• Pour batter into pan. Transfer to oven and bake 30-35 minutes or until edges pull away and a toothpick comes out clean.
• Let cool on a wire rack. When completely cool, store in an airtight container.

NUTRITION INFORMATION
134 calories, 12 g fat, 4 g saturated fat, 5 g monounsaturated fat, 1 g polyunsaturated fat, 53 mg cholesterol, 5 g carbohydrate, 1 g sugar, 2 g fiber, 5 g protein
PALEO PULLMAN BREAD

Does *soft and chewy* describe your favorite bread? This loaf scratches the itch for the All-American slice.
PALEO PULLMAN BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | GOOD SOURCE OF FIBER | LOW-CARB

YIELD: One 7.5 X 3.5 loaf (12 slices)

INGREDIENTS
• DRY INGREDIENTS
  o ¾ cup almond flour (80 g)
  o 1½ Tbsp. coconut flour (20 g)
  o 1 tsp. baking soda
  o ¼ tsp. sea salt
  o 3 tsp. organic psyllium husk powder (9 g)
• WET INGREDIENTS
  o ¼ cup hot water
  o 3 pastured eggs + 1 egg white
  o 1 Tbsp. organic apple cider vinegar

DIRECTIONS
• Preheat oven to 350 F.
• Grease or line the bottom of a Magic Line Loaf pan (7.5” X 3.5”) with parchment. Using the correct pan size is very important for achieving proper height.
• In a small bowl, combine the dry ingredients.
• Combine the eggs and apple cider vinegar, whisking well. Stir in the dry ingredients to combine. Pour in hot water and stir vigorously to distribute. Batter will be thick and sticky, like oatmeal.
• Spread into prepared pan. Transfer to oven and bake 35 minutes or a toothpick comes out clean.
• Let cool on a wire rack. When completely cool, store in an airtight container.

NUTRITION INFORMATION
69 calories, 5 g fat, 1 g saturated fat, 3 g monounsaturated fat, 0 g polyunsaturated fat, 53 mg cholesterol, 4 g carbohydrate, 0 g sugar, 3 g fiber, 4 g protein
A slightly sweet bread with a soft delicate crumb perfect for toasting. Many egg-free breads use applesauce as their substitute. We reduced the sugars in this bread by using chayote puree.
PALEO VEGAN BREAKFAST BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | VEGAN | PALEO | GOOD SOURCE OF FIBER | LOW-CARB

YIELD: One 9 x 5 loaf (16 slices)

INGREDIENTS

- **DRY INGREDIENTS**
  - ½ cup coconut flour (65 g)
  - ½ cup ground golden flaxseed (60 g)
  - 1 tsp. baking soda
  - 1 tsp. sea salt
  - ½ tsp. organic psyllium husk powder (2 g)

- **WET INGREDIENTS**
  - 1 cup *Chayote Puree* *(applesauce can be substituted)*
  - ¾ cup *Nutiva Superfood Shortening* or palm shortening

DIRECTIONS

- Grease or line the bottom of an 8 x 4 loaf pan with parchment. Preheat oven to 325 F.
- In a small bowl, combine the dry ingredients.
- In a high-powered blender or food processor, add the wet ingredient. Blend on medium speed to combine. Add in dry ingredients and continue to blend until smooth. The batter will be thick and sticky.
- Pour batter into pan. Transfer to oven and bake 30-35 minutes or until edges pull away and a toothpick comes out clean.
- Let cool on a wire rack. When completely cool, store in an airtight container.

TO MAKE CHAYOTE PUREE

Peel and core 3 medium chayote squash. Place in a ceramic dish with 1 Tbsp. water and bake at 350 for 1 hour or until soft and tender. Puree to a smooth consistency (like applesauce).

NUTRITION INFORMATION

121 calories, 12 g fat, 5 g saturated fat, 4 g monounsaturated fat, 3 g polyunsaturated fat, 0 mg cholesterol, 4 g carbohydrate, 1 g sugar, 3 g fiber, 1 g protein
ZUCCHINI PANINI BREAD

This light and chewy batter bread is no-fuss and a great way to sneak in some veggies. Bake to golden, slice and enjoy right away, or use your Panini press to create a delicious Paleo sandwich.
ZUCCHINI PANINI BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | GOOD SOURCE OF PROTEIN | LOW-CARB

YIELD: One 13 x 9 pan (Six 4 x 4 inch slices or 12-2 x 2 inch slices)

INGREDIENTS

- **DRY INGREDIENTS**
  - 1¼ cup almond flour (120 g)
  - ½ Tbsp. coconut flour (6 g)
  - ½ Tbsp. grass-fed gelatin
  - ½ Tbsp. non-aluminum baking powder
  - ½ tsp. sea salt

- **WET INGREDIENTS**
  - 1 cup organic zucchini, peeled and roughly chopped (130 g)
  - 2 pastured eggs + 2 egg whites
  - ½ Tbsp. lemon juice

DIRECTIONS

- Grease the bottom of a 13 x 9 sheet pan and place a piece of parchment on the bottom. Preheat oven to 350 F.
- In a high-powered blender, add the zucchini, eggs and lemon juice. Blend until smooth.
- In a medium bowl, whisk together the dry ingredients.
- Pour the pureed zucchini mixture into the dry ingredients and whisk well to combine.
- Pour batter onto pan, spreading out evenly in a thin layer.
- Transfer to oven and bake 25 minutes, rotating the pan after 12 minutes to promote even baking and browning.
- Let cool on a wire rack. Peel parchment off of the back and slice into 4 x 4 inch squares. Fill with meat and cheeses and grill on a cast-iron grill or in a Panini press.
- Store cooled bread in an airtight container.

NUTRITION INFORMATION (PER 2 X 2” SLICE)
87 calories, 7 g fat, 1 g saturated fat, 5 g monounsaturated fat, 1 g polyunsaturated fat, 35 mg cholesterol, 4 g carbohydrate, 1 g sugar, 2 g fiber, 5 g protein
LEMON-THYME
ZUCCHINI BREAD

With the same **moist and dense texture** as traditional zucchini bread, our low carb version takes a savory spin with lemon and thyme. For a sweet zucchini bread, add ¼ cup powdered erythritol, honey or coconut sugar plus 20 drops liquid stevia and omit the thyme.
LEMON-THYME ZUCCHINI BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | LOW-CARB

YIELD: One 9 x 5 loaf (16 slices)

INGREDIENTS

- **DRY INGREDIENTS**
  - ¾ cup coconut flour (100 g)
  - 2 tsp. fresh thyme, chopped
  - 1 tsp. baking soda
  - ½ tsp. sea salt

- **WET INGREDIENTS**
  - 1½ cups finely shredded organic zucchini (240 g)
  - ½ cup virgin coconut oil, melted
  - 6 pastured eggs
  - 2 tsp. organic apple cider vinegar
  - ½ Tbsp. lemon juice
  - ⅛ tsp. organic lemon extract or 2 tsp. organic lemon zest

DIRECTIONS

- Preheat the oven to 350 degrees F. Grease a loaf pan and make a parchment sling covering the bottom of the pan that extends over the ends.
- In a medium bowl, whisk the dry ingredients.
- In a large bowl, whisk together the eggs, melted coconut oil, vinegar, lemon juice and lemon extract or zest.
- Whisk the coconut flour mixture into the egg-oil mixture until well combined. Stir in the finely shredded zucchini, mixing well to distribute throughout the thick batter.
- Scrape batter into the prepared pan and press down to create a flat, even top.
- Transfer to oven and bake 55-60 minutes or until a toothpick comes out clean. Let cool completely before slicing.
- Store cooled bread in an airtight container.

NUTRITION INFORMATION

112 calories, 10 g fat, 7 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 80 mg cholesterol, 4 g carbohydrate, 1 g sugar, 2 g fiber, 3 g protein

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This slightly sweet, dense loaf will remind you of the version your grandma used to make. Our rendition is very low in carbs and sugars, and free of grains and gluten, of course!
**BETTER BANANA BREAD**

GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | LOW-CARB

**YIELD:** One 7.5 x 3.5 loaf (16 slices)

**INGREDIENTS**

- **DRY INGREDIENTS**
  - ½ cup coconut flour (55 g)
  - ½ cup almond flour (50 g)
  - ½ tsp. baking soda
  - ¼ tsp. sea salt
  - ⅛ tsp. stevia extract or 15-20 drops liquid stevia (optional)
  - 2 oz. chopped walnuts (optional)

- **WET INGREDIENTS**
  - ½ cup virgin coconut oil, melted
  - 1 cup mashed overripe bananas
  - 4 pastured eggs
  - 2 tsp. organic vanilla extract

**DIRECTIONS**

- Preheat the oven to 350 degrees F. Grease a Magic Line loaf pan (7.5” x 3.5”) and make a parchment sling covering the bottom of the pan that extends over the ends.
- In a medium bowl, whisk the dry ingredients.
- In a large bowl, whisk together the eggs, melted coconut oil and vanilla.
- Add the dry ingredients to the wet and mix well to combine using a hand-held mixer or a silicone spatula.
- Fold in the bananas and nuts (if using).
- Scrape the thick batter into the prepared pan and smooth the top.
- Transfer to oven and bake 45 minutes or until golden brown and a toothpick inserted into the center comes out clean.
- Store cooled bread in an airtight container.

**NUTRITION INFORMATION**

123 calories, 10 g fat, 7 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 53 mg cholesterol, 6 g carbohydrate, 2 g sugar, 2 g fiber, 3 g protein
PALEO “CORN” BREAD

This buttery, golden dense loaf develops crisp edges when cooked in a cast iron pan. For a flavor closest to cornbread, use pastured ghee or butter (not oil). You may also stir in one can of chopped baby corn (try Native Forest Organic Baby Corn) for added texture reminiscent of this Southern favorite.
PALEO “CORN” BREAD
GLUTEN-FREE | DAIRY-FREE | YEAST-FREE | PALEO | LOW-CARB

YIELD: One 7.5 x 3.5 loaf or 8” cast iron pan (12 slices)

INGREDIENTS

- **DRY INGREDIENTS**
  - ¼ cup coconut flour (38 g)
  - ¼ cup tapioca flour (33 g)
  - ¼ tsp. baking soda
  - ¼ tsp. sea salt
  - ½ tsp. cream of tartar
  - ½ tsp. psyllium husk powder (2 g) (optional, but reduces crumble)

- **WET INGREDIENTS**
  - ¼ cup pastured ghee, butter or virgin coconut oil, melted
  - 4 pastured eggs
  - 1 tsp. organic apple cider vinegar
  - 1 can *Native Forest Organic Baby Corn*, finely chopped (optional)
  - 1 Tbsp. raw honey or 1-15 drops liquid stevia (optional, but adds traditional cornbread sweetness)

DIRECTIONS

- Preheat the oven to 350 degrees F. Grease a Magic Line Loaf pan (7.5” x 3.5”) and make a parchment sling covering the bottom of the pan that extends over the edges.
- In a medium bowl, whisk the dry ingredients.
- Add the eggs, melted butter, ghee or coconut oil and vinegar, as well as honey or stevia, if using. Blend on medium speed to combine.
- Pour the dry mixture into the blender and blend on medium-low speed for 30 seconds to fully combine. Let the batter stand for 1 minute to thicken. Stir in the chopped baby corn, if using.
- Scrape batter into the prepared pan and smooth the top with your spatula or by gently rapping the pan on the counter.
- Transfer to oven and bake 30 minutes or until golden and a toothpick comes out clean. Let cool completely before slicing.
- Store cooled bread in an airtight container.

FOR CAST-IRON CORNBREAD: Prepare batter as directed. Pour into a lightly greased 8-inch cast-iron pan and bake until bread is firm to the touch and a toothpick comes out clean, about 25 minutes.

NUTRITION INFORMATION
84 calories, 7 g fat, 5 g saturated fat, 1 g monounsaturated fat, 1 g polyunsaturated fat, 71 mg cholesterol, 4 g carbohydrate, 0 g sugar, 1 g fiber, 2 g protein
This **chewy and dense** loaf is packed with nutrient-rich seeds and nuts and makes a perfect slice for toasting and serving with a pat of pastured butter and your morning eggs.
SUPERFOOD SEED & NUT LOAF
GLUTEN-FREE | DAIRY-FREE | EGG-FREE | VEGAN | PALEO | HIGH-FIBER
GOOD SOURCE OF PROTEIN | MODERATE-CARB

YIELD: One 7.5 x 3.5 loaf (16 dense slices)

INGREDIENTS
- DRY INGREDIENTS
  - 1½ cups pumpkin seeds (195 g)
  - ¾ cup green banana flour (85 g)
  - 1 cup sliced almonds (75 g)
  - ½ cup sunflower seeds (75 g)
  - 3 Tbsp. psyllium husk powder (36 g)
  - 2 Tbsp. chia seeds (24 g)
  - ¾ tsp. sea salt
- WET INGREDIENTS
  - 2 cups filtered water
  - ½ Tbsp. maple syrup or raw honey

DIRECTIONS
- Add sliced almonds and 1 cup of the pumpkin seeds (125 g) in a food processor or high-powered blender. Blend intermittently to make a smooth flour.
- Pour the almond-pumpkin seed flour into a large bowl. Add the remaining pumpkin seeds, sunflower seeds, psyllium, chia, sea salt and green banana flour. Whisk to combine.
- Stir the maple syrup or honey into the water and whisk with a fork. Pour into the dry mixture slowly, stirring to combine well.
- Let the mixture stand for one hour or overnight to absorb the water. The mixture should be VERY firm before baking.
- Preheat the oven to 350 degrees F. Grease the loaf pan (7.5” x 3.5”) and place a strip of parchment paper on the bottom and let it extend over the sides to make a sling.
- Press the seed-nut mixture into the pan, pressing down to extend to the edges and create a smooth top.
- Transfer to oven and bake 35 minutes. Remove from oven and carefully lift bread out of pan. Invert the loaf and place back in the oven directly on the rack and continue baking another 15-20 minutes. (NOTE: If you cannot lift the loaf out of the pan to invert, you may cook for the full time in the pan. When you remove the loaf you may notice moisture has accumulated toward the bottom. If this has happened, you may place the loaf, inverted, into the oven and re-bake for 15 minutes to help the moisture dissipate).
- Let the loaf cool completely before attempting to slice. For long term storage, slice cooled bread and wrap individually in cellophane, then place in a freezer bag and freeze.

NUTRITION INFORMATION
146 calories, 9 g fat, 1 g saturated fat, 3 g monounsaturated fat, 4 g polyunsaturated fat, 0 mg cholesterol, 12 g carbohydrate, 1 g sugar, 5 g fiber, 5 g protein
YEAST BREADS &
PROBIOTIC BREADS
RUSTIC “RYE” LOAF

With its golden exterior and dense, chewy center, you won’t believe this bread is both lower carb and gluten free. It’s reminiscent of “stick-to-your-ribs” artisan loaves you’ll find in high-end bakeries and is certain to become a favorite.
RUSTIC “RYE” LOAF
GLUTEN-FREE | DAIRY-FREE | PALEO | HIGH-FIBER | MODERATE-CARB

YIELD: One heavy 8-inch boule (16 dense, thin slices)

INGREDIENTS

- **DRY INGREDIENTS**
  - 1 cup almond flour (100 g)
  - ½ cup green banana flour (75 g)
  - ½ cup tapioca flour (60 g)
  - ½ cup coconut flour (40 g)
  - ¼ tsp. sea salt
  - 2 tsp. active dry yeast
  - 1 Tbsp. organic psyllium husk powder (12 g)

- **WET INGREDIENTS**
  - 1 pastured egg + 1 egg white
  - Egg wash (1 egg yolk + 1 tsp. water)
  - 1 Tbsp. extra virgin olive oil or avocado oil
  - 2 tsp. raw honey or maple syrup
  - 1 cup filtered water

DIRECTIONS

- In a medium bowl, whisk together the almond flour, green banana flour, tapioca flour, coconut flour, sea salt and psyllium.
- Heat water to 105 – 110 degrees F. Add the honey or maple syrup and stir. Add the yeast and let it stand 10 minutes. The yeast should begin to bubble and foam. If it doesn’t, start over.
- Add the egg and egg white to the dry ingredients, stirring to combine. Add the oil, stirring to combine. Add the yeast-water in a stream, a little at a time, stirring to incorporate until smooth. (Note: If you dump the water in all at once, you’ll have a lumpy dough). The dough should be sticky and moist.
- Place the dough in a metal or glass bowl and cover with a damp kitchen towel. Place in a warm spot to rest for 90 minutes.
- Preheat oven to 400 degrees F. Place a large cast iron pan or pizza stone in the oven to heat.
- Prepare a square of parchment. Smooth the dough into a boule and place on the parchment. If dough is dry after rising, wet your hands to smooth and shape it.
- Score the top of the dough with a serrated knife, making ¼” deep cuts. Whisk together the egg wash and using a pastry or basting brush, brush onto loaf all over (this will make the crust chewy and golden).
- Place the parchment with prepared boule onto the preheated cast iron pan or stone.
- Return to oven and bake at 400 degrees for 15 minutes, then reduce heat to 375 and bake for an additional 30-35 minutes.
- Let cool completely on a wire rack for two hours. (Note: Not allowing the loaf to fully cool before cutting will result in a gummy texture. Let the moisture redistribute and dissipate.)
- When completely cool, slice and serve or store in an airtight container.

NUTRITION INFORMATION

94 calories, 5 g fat, 1 g saturated fat, 3 g monounsaturated fat, 0 g polyunsaturated fat, 13 mg cholesterol, 10 g carbohydrate, 1 g sugar, 3 g fiber, 3 g protein
With its crusty exterior and dense chewy center, this artisan loaf is perfect served with some high quality olive oil for dipping. For French bread batons, simply divide the dough in half, shape into 4-inch wide batons and bake for 35-40 minutes. Whatever shape and size bread you make, the internal temperature should reach 200-210°F. Be sure to weigh the chia and ensure it is ground very fine.
CRUSTY BOULE
GLUTEN-FREE | DAIRY-FREE | EGG-FREE| VEGAN| PALEO | HIGH-FIBER | MODERATE-CARB

YIELD: Two 8-inch boule (16 servings)

INGREDIENTS

- **DRY INGREDIENTS**
  - 1 cup almond flour (100 g)
  - 1 cup arrowroot flour (120 g)
  - ½ cup coconut flour (40 g)
  - 1 tsp. sea salt
  - 2 tsp. active dry yeast
  - 1½ Tbsp. very finely ground chia (18 g)
  - 2 Tbsp. organic psyllium husk powder (24 g)

- **WET INGREDIENTS**
  - 1¼ cup filtered water
  - 2 tsp. maple syrup (or coconut sugar or honey)
  - 1 egg yolk + 1 tsp. water for egg wash (optional)

DIRECTIONS

- In a large bowl, whisk together the almond flour, arrowroot flour, coconut flour and sea salt.
- Heat water to 105 – 110 degrees F. Add 2 tsp. maple syrup and stir. Add the yeast and let stand 10 minutes. The yeast should bubble or foam – if it doesn’t – start over.
- Stir the finely ground chia and psyllium powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.
- Pour the thickened yeast-chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute.
- Put kneaded dough back in the bowl, cover with a damp kitchen towel and place in a warm spot to rise for one hour.
- Preheat the oven to 425 degrees F. Place a pizza stone in the oven to preheat.
- Divide dough into two balls. Place dough balls on a square of parchment paper or a pizza peel. Dip your hands in water and shape into nice rounded shapes. Brush with egg wash, if desired. Use a serrated knife to cut a tic-tac-toe pattern on the top.
- Slide the prepared boules onto the preheated stone. Bake 35-40 minutes. PLEASE NOTE – baking time can vary – the measure of doneness is an internal temperature of 205-210 F.
- Let cool completely on a wire rack. (Not allowing the loaf to fully cool before cutting may result in a gummy interior.) When completely cool, slice and serve or store in an airtight container. To re-crisp crust, toast or reheat in a 375 F degree oven for 5-10 minutes.

NUTRITION INFORMATION

87 calories, 4 g fat, 1 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 0 mg cholesterol, 13 g carbohydrate, 1 g sugar, 4 g fiber, 2 g protein
“NO ROLLS” DINNER ROLLS

With a crusty exterior and a soft chewy interior, these yeast-based dinner rolls are perfect for serving with a pat of pastured butter and a bowl of steamy soup or stew.
“NO ROLLS” DINNER ROLLS
GLUTEN-FREE | DAIRY-FREE | EGG-FREE | VEGAN | PALEO | HIGH-FIBER | MODERATE-CARB

YIELD: 8 dinner rolls

INGREDIENTS
• DRY INGREDIENTS
  o ¾ cup almond flour (75 g)
  o ½ cup arrowroot flour (60 g)
  o ¼ cup tapioca flour (25 g)
  o ¼ cup coconut flour (40 g)
  o ¾ tsp. sea salt
  o 1 tsp. non-aluminum baking powder
  o 1 Tbsp. organic psyllium husk powder (12 g)
• WET INGREDIENTS
  o 1 tsp. raw honey (or maple syrup)
  o 1 cup filtered water
  o 2 Tbsp. palm shortening, melted
  o Egg wash (1 egg yolk + 1 tsp. water) - optional

DIRECTIONS
• In a large bowl, whisk together the almond flour, arrowroot flour, tapioca flour, coconut flour, baking powder and sea salt.
• Heat water to 105 – 110 degrees F. Add honey or maple syrup and stir. Add the yeast and let it stand 10 minutes. The yeast should bubble or foam – if it doesn’t – start over.
• Whisk the psyllium powder into the yeast mixture to fully combine (no lumps!). Let stand 1 minute to thicken. Whisk in the melted shortening.
• Pour the thickened yeast-psyllium mixture into the dry ingredients and mix well with a wooden spoon or silicone spatula to form a sticky dough.
• Cover with a damp kitchen towel and place in a warm spot to rise for one hour or until doubled in size.
• Preheat the oven to 425 degrees F. Prepare a baking sheet with parchment or by lightly greasing.
• Punch dough down and knead for one minute. Divide dough into 8 balls and place on prepared pan. Using wet hands, smooth the top of the dough. You may use a serrated knife to cut an “X” or a tic-tac-toe pattern on the top to allow for the bread to expand. Brush with egg wash, if using. Place in a warm spot to let rise for another 30 minutes while the oven preheats.
• Transfer to oven and bake for 30 minutes or until internal temperature reaches 200 – 210 F.
• Let cool completely on a wire rack. (Note: Not fully cooling results in a gummy texture. Let the moisture redistribute and dissipate) When completely cool, store in an airtight container.

NUTRITION INFORMATION
145 calories, 8 g fat, 2 g saturated fat, 4 g monounsaturated fat, 1 g polyunsaturated fat, 0 mg cholesterol, 17 g carbohydrate, 1 g sugar, 5 g fiber, 3 g protein
With its **crusty, toothsome texture and a soft chewy interior**, you’ll find this bread very close to the grain-based original. Be sure to allow it to fully cool before enjoying.
PALEO FRENCH BREAD
GLUTEN-FREE | DAIRY-FREE | PALEO | VEGAN | MODERATE-CARB

YIELD: One 8-inch baton (12 slices)

INGREDIENTS

- **DRY INGREDIENTS**
  - ¾ cup almond flour (75 g)
  - 1 ¼ cup tapioca flour (130 g)
  - 1/3 cup coconut flour (60 g)
  - ¾ tsp. sea salt
  - 2 tsp. active dry yeast
  - ½ tsp. homemade baking powder

- **WET INGREDIENTS**
  - 1 Tbsp. honey or coconut sugar
  - 1 cup filtered water
  - 2 Tbsp. palm shortening or *Superfood Shortening*

DIRECTIONS

- In a large bowl add the almond flour, tapioca flour, coconut flour, sea salt and baking powder. Whisk well to combine.
- In a saucepan, melt the palm shortening.
- In a heat-safe bowl or measuring cup, heat the water to 110 degrees F. Add the yeast and honey and let proof for 10 minutes. You should get a nice foamy head. If not, dump it and start over.
- Stir the melted shortening into the proofed yeast mixture.
- Slowly pour the water into the flour mixture, stirring well with a silicone spatula to combine.
- Cover with a warm, damp cloth and let rise for one hour in a warm place.
- Place risen dough onto a lightly floured pizza peel and shape into a baton (or French bread loaf). Using a sharp, serrated knife, make ¼ inch deep diagonal slices across the top of the bread.
- Cover with a cloth and let the dough rise again for 1 hour.
- Meanwhile, preheat the oven to 400 degrees F and place your pizza stone in the oven to preheat for at least 30 minutes. The hot stone will help your bread get a good “spring” and a nice, chewy crust.
- Slide the risen bread carefully onto the preheated stone and bake 38-40 minutes.
- Turn on the broiler and broil for 1 minute to brown the crust.
- Carefully remove the baked bread from the oven and let cool completely on a rack. If you don’t let it cool, it will be gummy inside.
- Once cooled, slice the bread with a serrated knife. Store in an airtight container in the refrigerator.

NUTRITION INFORMATION

110 calories, 6 g fat, 2 g saturated fat, 3 g monounsaturated fat, 1 g polyunsaturated fat, 0 mg cholesterol, 15 g carbohydrate, 1 g sugar, 2 g fiber, 2 g protein
PROBIOTIC CASHEW BREAD

This probiotic cultured bread has a soft crumb, a crisp golden top and the tangy sourdough taste that’s so loved.
PROBIOTIC CASHEW BREAD
GLUTEN-FREE | DAIRY-FREE | PALEO | LOW-CARB

YIELD: One 7.5 x 3.5 loaf (16 slices)

INGREDIENTS
- **DRY INGREDIENTS**
  - 10 ounces raw cashews
  - ½ cup filtered water
  - Probiotic powder (to equal 30 billion colony forming units)
- **SECONDARY INGREDIENTS**
  - 2 pastured eggs, separated + 1 egg yolk + 1 tsp. water (for egg wash)
  - 1 Tbsp. water
  - ½ tsp. baking soda
  - ½ tsp. sea salt
  - 2 tsp. psyllium husk powder (6g) (optional, but makes a more chewy bread)

DIRECTIONS
- First, make the culture. Place the ½ cup of filtered water and 10 oz. of cashews into a high-powered blender or food processor. Blend until very smooth. Transfer to a deep non-reactive container and stir in probiotic powder. Cover the container. Place in an oven with the oven light turned on or choose an alternate method for keeping the culture warm (here). The goal is to keep the cashew culture between 105-100 degrees F for 12-24 hours. The longer it stands the tangier your bread will be.
- Preheat oven to 300 F. Lightly grease the pan (7.5” x 3.5”” and line it with parchment paper. Make sure the paper is long enough so that it folds over all sides of the tin.
- Add the egg yolks and 1 Tbsp. water to the cultured cashew mixture and beat with a hand mixer until smooth. Mix in the baking soda and salt.
- Using clean, dry beaters beat the egg whites until soft peaks form. Gently fold the egg whites into the cashew mixture until they are no longer visible.
- Pour the batter into the prepared loaf pan. Prepare the egg wash by mixing the egg yolk with 1 tsp. water. Using a pastry brush, gently brush the egg wash on top of the bread batter.
- Transfer to oven and bake for 40 minutes, or until an inserted toothpick comes out dry. Increase the oven temperature to 375 F and bake for an additional 5-10 minutes, or until the top is golden and crusty.
- Remove from the oven and allow to completely cool before slicing.

NUTRITION INFORMATION
111 calories, 9 g fat, 2 g saturated fat, 5 g monounsaturated fat, 2 g polyunsaturated fat, 40 mg cholesterol, 6 g carbohydrate, 1 g sugar, 1 g fiber, 4 g protein
PALEO BREADSTICKS

With the flavor and texture of traditional pizza crust, this simple recipe makes *chewy-on-the-inside, crisp-on-the-outside* golden pretzels or breadsticks. The dough is very easy to work with and a fun project for little bakers.
CHEWY PALEO BREADSTICKS & PRETZELS
GLUTEN-FREE | DAIRY-FREE | PALEO | MODERATE-CARB

YIELD: 10 breadsticks

INGREDIENTS

- DRY INGREDIENTS
  - 2 tsp. active dry yeast
  - ½ Tbsp. organic coconut sugar (or honey or maple syrup)
  - 1 cup almond flour (100 g)
  - ½ cup arrowroot flour (60 g)
  - 2 tsp. organic psyllium husk powder (7 g)
  - ½ tsp. sea salt
  - Maldon sea salt for topping (optional)
  - Sesame seeds for topping (optional)

- WET INGREDIENTS
  - ¼ cup water
  - 1 pastured egg, whisked
  - 1 Tbsp. organic virgin olive oil or avocado oil
  - Egg wash – 1 pastured egg + 1 tsp. water, whisked (optional)

DIRECTIONS

- In a large bowl add the almond flour, arrowroot flour, sea salt and psyllium. Whisk well to combine.
- Heat the water to 110 degrees F then add the yeast and coconut sugar. Leave for 10 minutes. You should get a nice foamy head. If not, dump it and start over.
- Stir the egg and oil into the proofed yeast mixture.
- Slowly pour the proofed yeast mixture into the flour mixture, stirring well with a silicone spatula to combine. You can also use a hand mixer or stand mixer fitted with a paddle attachment. The mixture will be quite wet.
- Cover with a warm, damp cloth and let rise for one hour in a warm place.
- Preheat oven to 425 F and grease a baking sheet or line with parchment.
- Oil your hands and divide the dough into 10 pieces. Roll into ½ inch thick sticks and place on greased sheet. You may brush with egg wash, oil or melted butter and top with flaky sea salt or sesame seeds, if desired.
- Transfer to oven and bake for 12-14 minutes to golden brown.
- Store in an airtight container in the refrigerator.

NUTRITION INFORMATION
101 calories, 7 g fat, 1 g saturated fat, 4 g monounsaturated fat, 1 g polyunsaturated fat, 53 mg cholesterol, 9 g carbohydrate, 1 g sugar, 2 g fiber, 3 g protein
FLATBREADS
These soft and flexible pitas are perfect for stuffing with your favorite protein-rich salad for a healthy hand-held lunch. If you’re making these for the week ahead, be sure to add the psyllium to help keep the pitas moist and pliable.
PALEO PITA POCKETS
GLUTEN-FREE | DAIRY-FREE | PALEO | GOOD SOURCE OF FIBER | LOW-CARB

YIELD: 2 pita breads (4 pockets)

INGREDIENTS

- **DRY INGREDIENTS**
  - ¼ cup almond flour, firmly packed (35 g)
  - 1 Tbsp. coconut flour, firmly packed (14 g)
  - ⅛ tsp. baking soda
  - ⅛ tsp. sea salt
  - 1 tsp. organic psyllium husk powder (3 g) Optional, but increases pliability and reduces breakage

- **WET INGREDIENTS**
  - ¼ cup hot water
  - 1 pastured egg
  - 1 Tbsp. organic extra virgin olive oil or avocado oil

DIRECTIONS

- Preheat oven to 350 F. Prepare a baking sheet with parchment.
- In a small bowl, combine the dry ingredients.
- In a medium bowl, combine the wet ingredients, whisking well.
- Add dry ingredients to wet and mix using a wooden spoon to form a thick batter.
- Use a ladle to scoop batter by ¼ cupfuls and pour onto parchment-lined pan in circles.
- Transfer to oven and bake 17-19 minutes.
- Let cool on a wire rack, then cut each circle in half and slice a slit to make a pocket.
- Store cooled pitas in an airtight container.

NUTRITION INFORMATION

100 calories, 9 g fat, 2 g saturated fat, 6 g monounsaturated fat, 1 g polyunsaturated fat, 54 mg cholesterol, 4 g carbohydrate, 0 g sugar, 2.5 g fiber, 3 g protein
If you’re a tortilla lover, you may have tried many of the popular Paleo recipes out there. Disappointed in their propensity to fall apart mid-bite, we created these sturdy low-carb tortillas that can stand up to a heaping helping of stuffing.
QUICK & STURDY TORTILLAS
GLUTEN-FREE | DAIRY-FREE | PALEO | HIGH-FIBER | LOW-CARB

YIELD: Eight 4-inch tortillas

INGREDIENTS

• DRY INGREDIENTS
  o ½ cup almond flour (50 g)
  o ¼ cup coconut flour (30 g)
  o ½ tsp. baking soda
  o ½ tsp. sea salt
  o 1 Tbsp. organic psyllium husk powder (12 g)
  o 1 Tbsp. organic ground golden flaxseed (10 g)

• WET INGREDIENTS
  o 2 Tbsp. coconut oil
  o 2 Tbsp. egg whites
  o ½ cup boiling water

DIRECTIONS

• Preheat a tortilla press or a cast iron skillet over medium-high heat.
• In a medium bowl, mix together the dry ingredients.
• Add the coconut oil and mix with a fork or your hands to form a shaggy dough. Stir in the egg whites. Pour in the boiling water, stirring quickly to incorporate. The dough will swell and become easy to work with.
• Divide dough into 8 balls, each one weighing roughly an ounce.
• Place dough onto wax or parchment and flatten out to a circle that’s 4 inches in diameter.
• Put flattened dough onto press or skillet. Cook 2-3 minutes, flipping if using a skillet.
• Best served immediately.

NUTRITION INFORMATION
85 calories, 6 g fat, 3 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 0 mg cholesterol, 6 g carbohydrate, 1 g sugar, 4 g fiber, 2 g protein
BISCUITS, BUNS
BAGELS & ROLLS
Perfect for making your favorite Eggs Benedict or donning a simple slather of butter or jam, you’ll love the **chewy texture and authentic nooks & crannies** in these English Muffins.
ENGLISH MUFFINS

GLUTEN-FREE | DAIRY-FREE | PALEO | HIGH FIBER | GOOD SOURCE OF PROTEIN | LOW-CARB

YIELD: 4 large English muffins

INGREDIENTS

- **DRY INGREDIENTS**
  - 4 Tbsp. coconut flour (50 g)
  - 1 Tbsp. psyllium husk powder (12 g)
  - ½ tsp. non-aluminum baking powder
  - ½ tsp. sea salt
  - ¼ tsp. cream of tartar

- **WET INGREDIENTS**
  - 4 pastured eggs
  - 1 Tbsp. avocado oil or extra virgin olive oil
  - 4 Tbsp. filtered water

DIRECTIONS

- Preheat oven to 350°F. Prepare a USA Pans Mini Round Cake Pan by lightly greasing.
- In a small bowl, sift together the dry ingredients.
- In another small bowl, combine the wet ingredients, whisking well.
- Sift the dry ingredients into the wet and mix well using a silicone spatula to form a smooth, thick batter.
- Use a ladle to scoop batter and divide evenly into greased circles. Transfer to oven and bake 15-18 minutes or until golden and a toothpick inserted into the center comes out clean.
- Let cool on a wire rack. Store cooled English muffins in an airtight container in the refrigerator.

NUTRITION INFORMATION

150 calories, 10 g fat, 3 g saturated fat, 5 g monounsaturated fat, 1 g polyunsaturated fat, 211 mg cholesterol, 9 g carbohydrate, 1 g sugar, 7 g fiber, 7 g protein
Our golden and chewy version of the breakfast favorite is the perfect vehicle for some Paleo Cream Cheese (see the recipe on page 17) and smoked wild salmon.
YIELD: 4 bagels

INGREDIENTS

- **DRY INGREDIENTS**
  - 1 cup almond flour (90 g)
  - 1 Tbsp. coconut flour, firmly packed (14 g)
  - 1 Tbsp. ground golden flaxseed (10 g)
  - ½ Tbsp. arrowroot powder (5 g)
  - ½ tsp. baking soda
  - ¼ tsp. sea salt
  - Sesame seeds, poppy seeds, Maldon sea salt, dried onion flakes (for topping)

- **WET INGREDIENTS**
  - 2 pastured eggs
  - 2 Tbsp. organic apple cider vinegar
  - 1 Tbsp. raw honey, yacon syrup or maple syrup (optional)

DIRECTIONS

- Preheat oven to 350 F. Prepare a USA Pans Donut Pan by lightly greasing.
- In a small bowl, sift together the dry ingredients.
- In another small bowl, combine the wet ingredients, whisking well.
- Add dry ingredients to wet and mix using a silicone spatula to form a thick batter.
- Use a ladle to scoop batter by ¼ cupful and into greased circles. Sprinkle with toppings of choice.
- Transfer to oven and bake 18-20 minutes or until golden and a toothpick inserted into the center comes out clean.
- Let cool on a wire rack. Serve freshly baked or lightly toasted with toppings of choice (try our Paleo Cream Cheese!)
- Store cooled bagels in an airtight container in the refrigerator.

NUTRITION INFORMATION

194 calories, 15 g fat, 2 g saturated fat, 8 g monounsaturated fat, 4 g polyunsaturated fat, 106 mg cholesterol, 8 g carbohydrate, 1 g sugar, 4 g fiber, 9 g protein
Not quite a biscuit and not quite a bun, these buttery golden, light-textured rolls make a wonderful accompaniment to traditional American meals.
HERBED DINNER ROLLS
GLUTEN-FREE | DAIRY-FREE | PALEO | LOW-CARB

YIELD: 12 rolls

INGREDIENTS

• DRY INGREDIENTS
  o ½ cup + 2 Tbsp. coconut flour (80 g)
  o 2 tsp. cream of tartar
  o 1 tsp. baking soda
  o ½ tsp. sea salt

• WET INGREDIENTS
  o ½ cup pastured butter, cold or Superfood Shortening
  o ¼ cup chopped fresh parsley
  o ¼ cup chopped fresh chives
  o 5 pastured eggs
  o ½ cup light coconut milk OR ¼ cup full fat coconut milk + ¼ cup water

DIRECTIONS

• Preheat oven to 450 F. Prepare a muffin tin.
• In a medium bowl, whisk together the dry ingredients.
• Using a pastry blender or two knives, cut in the butter or shortening until crumbly.
• In a separate bowl, whisk the eggs and coconut milk. Pour wet ingredients over dry and mix with a fork to combine. The mixture will be soupy with lumps. Let it stand for 5 minutes to thicken.
• Use a ladle to scoop batter by ¼ cupful into prepared pan. Batter should fill cups halfway.
• Transfer to oven and bake 11-13 minutes or until golden and a toothpick inserted into the center comes out clean.
• Let cool on a wire rack.
• Store in an airtight container in the refrigerator.

NUTRITION INFORMATION

132 calories, 11 g fat, 7 g saturated fat, 3 g monounsaturated fat, 1 g polyunsaturated fat, 108 mg cholesterol, 4 g carbohydrate, 1 g sugar, 2 g fiber, 4 g protein
SOUTHERN-STYLE
PALEO BISCUITS

With a classic golden-crisp crust and a moist dense interior, these ultra low-carb biscuits are wonderful with sausage gravy or for topping a Paleo pot pie.
SOUTHERN-STYLE PALEO BISCUITS
GLUTEN-FREE | DAIRY-FREE | PALEO | HIGH FIBER | GOOD SOURCE OF PROTEIN | LOW-CARB

YIELD: 6 biscuits

INGREDIENTS

• DRY INGREDIENTS
  o ½ cup coconut flour (65 g)
  o ¼ cup almond flour (25 g)
  o 2 Tbsp. arrowroot powder (18 g)
  o 1 tsp. non-aluminum baking powder
  o ¼ tsp. sea salt

• WET INGREDIENTS
  o 2 Tbsp. pastured butter (cold) or Nutiva Superfood Shortening or virgin coconut oil (solid)
  o 6 egg whites

DIRECTIONS

• Preheat oven to 400 F. Prepare a muffin tin or a baking sheet by lightly greasing.
• In a medium bowl, whisk together the dry ingredients.
• Add the solid butter, shortening or coconut oil to the dry ingredients. Use a pastry blender or two knives to cut the oil or butter into the flour until the entire mixture is crumbly. Place the flour mixture in the refrigerator.
• In a Magic Bullet, blender, add the egg whites and blend until very frothy.
• Pour the egg whites into the flour mixture and fold gently to incorporate. The dough will expand and become sturdy.
• Use a ¼ cup scoop or gently pick up dough by ¼ cupful and place onto prepared pan, shaping as desired.
• Transfer to oven and bake 17-20 minutes or until golden
• Let cool on a wire rack.
• Store in an airtight container in the refrigerator. Toast to re-crisp before eating.

NUTRITION INFORMATION
122 calories, 7 g fat, 4 g saturated fat, 2 g monounsaturated fat, 1 g polyunsaturated fat, 10 mg cholesterol, 9 g carbohydrate, 1 g sugar, 4 g fiber, 6 g protein
LEMON-CRANBERRY SCONES

A crispy golden biscuit-like creation with a touch of tart lemon juice and cranberries.
LEMON-CRANBERRY SCONES
GLUTEN-FREE | DAIRY-FREE | PALEO | HIGH FIBER | GOOD SOURCE OF PROTEIN | MODERATE-CARB

YIELD: 8 large scones

INGREDIENTS

- **DRY INGREDIENTS**
  - 2 cups almond flour (180 g)
  - ½ cup coconut flour (50 g)
  - ¼ cup tapioca flour (25 g)
  - 1 tsp. baking soda
  - ½ tsp. sea salt
  - ¼ cup dried unsweetened organic cranberries, roughly chopped

- **WET INGREDIENTS**
  - 2 Tbsp. virgin coconut oil, melted
  - ¼ cup organic lemon juice concentrate + ¼ cup filtered water (or ½ cup fresh lemon juice)
  - 2 tsp. lemon zest
  - 1 pastured egg + 1 egg yolk
  - 1 Tbsp. raw honey, yacon syrup or maple syrup or 15 drops liquid stevia

- **GLAZE**
  - 1 Tbsp. virgin coconut oil or pastured butter
  - 1 Tbsp. organic lemon juice concentrate
  - 2 Tbsp. powdered non-GMO erythritol + 10 drops stevia extract OR coconut sugar OR raw honey

DIRECTIONS

- Preheat oven to 350 F. Grease a baking sheet.
- In a medium bowl, whisk together all of the dry ingredients except for the cranberries.
- In a blender, food processor or Magic Bullet, pulse together the wet ingredients.
- Pour the wet ingredients into the dry and stir with a silicone spatula to form a smooth dough. Mix in the cranberries.
- Form dough into a ball and flatten to ½ inch thickness. Use a sharp knife to cut the dough into 8 slices, as if you were cutting a pie.
- Transfer sliced scones to oven and bake 20-22 minutes or until lightly golden.
- Meanwhile, make the glaze. In a small saucepan, combine the butter or oil, lemon juice and sweetener. Whisk to dissolve crystals and place in refrigerator to cool slightly.
- Drizzle glaze over warm scones just before eating.
- Store unglazed scones in an airtight container in the refrigerator.

NUTRITION INFORMATION

258 calories, 19 g fat, 6 g saturated fat, 8 g monounsaturated fat, 3 g polyunsaturated fat, 53 mg cholesterol, 22 g carbohydrate, 6 g sugar, 6 g fiber, 7 g protein
If you’re tired of enjoying your juicy, grass-fed beef and turkey burgers “naked” in a wilting lettuce wrap, these soft and chewy burger buns are the solution you’re looking for! They are a snap to make and keep well in the refrigerator.
BETTER BURGER BUNS & SUB ROLLS
GLUTEN-FREE | DAIRY-FREE | PALEO | HIGH FIBER | GOOD SOURCE OF PROTEIN | LOW-CARB

YIELD: 4 large burger buns or 4 small sub rolls

INGREDIENTS

• DRY INGREDIENTS
  o 1¼ cups almond flour (115 g)
  o 1 Tbsp. organic psyllium husk powder (12 g)
  o 1 tsp. baking soda
  o ½ tsp. sea salt

• WET INGREDIENTS
  o 3 egg whites
  o 1 tsp. organic apple cider vinegar
  o ¼ cup boiling water

DIRECTIONS

• Preheat oven to 350 F. Prepare a baking sheet with parchment.
• In a medium bowl, combine the dry ingredients.
• In a small bowl whisk together the egg whites and apple cider vinegar.
• Add wet ingredients to dry and mix using a handheld mixer or silicone spatula to form a thick batter.
• Pour in hot water and quickly mix to incorporate. You will notice the dough becomes more sticky and pliable – somewhat like thick and sticky oatmeal.
• Divide into four equal-sized balls and place on prepared sheet. Flatten to roughly 1-inch thickness. The buns should rise to about 2½ inches in height.
• Sprinkle with flaky sea salt or sesame seeds, if desired.
• Transfer to oven and bake 40-50 minutes.
• Let cool on a wire rack and store cooled buns and sub rolls in an airtight container.

NUTRITION INFORMATION
199 calories, 15 g fat, 1 g saturated fat, 9 g monounsaturated fat, 3 g polyunsaturated fat, 0 mg cholesterol, 11 g carbohydrate, 1 g sugar, 8 g fiber, 9 g protein
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