



## Grain-Free Flax Bread

10 servings

1 hour

### Ingredients

- 2 tbsps Ground Flax Seed (2 cups = 32 tbsp)
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 5 Egg (room temp)
- 1/2 cup Water (room temp)
- 1/3 cup Coconut Oil (melted)

### Nutrition

Amount per serving	
Calories	104
Fat	10g
Saturated	6g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	3g
Cholesterol	93mg
Sodium	359mg

### Directions

- 1 Preheat oven to 350F. Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30-60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1-2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

### Notes

**TAGS:** This recipe is dairy-free, gluten-free, grain-free, low FODMAP, soy-free, sugar-free, and nut-free. It's also paleo and vegetarian friendly.

**FANTASTIC FLAXSEED:** Flax is the richest dietary source of lignans, a type of phytoestrogen. A phytoestrogen is a plant nutrient that is somewhat similar to the female hormone estrogen, and as such helps regulate its levels in the body. Good news for menopausal women who are feeling the effects of low estrogen. But don't worry fellows, this natural estrogen-type lignan won't make you grow man-boobs! For more information on this and other phytoestrogens, get in touch with us [yvette@mipstick.com](mailto:yvette@mipstick.com)

**CHIA SEED EGG SUBSTITUTE :** 1 tbsp chia seeds soaked for 10 minutes in 3 tbsp of water, stir well --> replaces one whole egg in a baking recipe.