

Gluten free, low carb almond bread

Ingredients

- 1 $\frac{3}{4}$ cups of whole almonds with skins
- 5 tablespoons psyllium husk powder
- 2 level teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 $\frac{1}{2}$ tablespoons apple cider vinegar
- 3 egg whites
- $\frac{7}{8}$ cup boiling water.



Healthy, low carb
almond, bread.



Method

1. Preheat the oven to 180°C.
2. Whiz up the almonds in a food processor until they look like gritty sand.
3. Add the rest of the dry ingredients and mix well.
4. Add the egg whites and vinegar and mix thoroughly.
5. Add the boiling water and continue to mix until the mixture firms up into a dough.
6. The dough will be a bit sticky, so wet your hands and make 4 roll shapes. Place onto a greased baking sheet.
7. Bake for 55 minutes.
8. Remove from the oven and allow to cool (they taste best when cool)

