



# SIMPLE LOW-CARB SANDWICH BREAD

By Dr. Cindy Tanzar  
(Maintenance)

This recipe is a great alternative to regular highly processed bread in the stores.  
Makes 10-12 slices.



## INGREDIENTS

### DRY INGREDIENTS

- 3/4 cup almond flour
- 3 Tbsp coconut flour
- 1 tsp. baking soda
- 1/4 tsp. pink Himalayan salt
- 3 tsp. psyllium husk powder (found at health food stores or on Amazon) \*

### WET INGREDIENTS

- 3 pastured eggs + 1 egg white
- 2 Tbsp Bragg's apple cider vinegar
- 1/4 cup hot water



## DIRECTIONS

Preheat oven to 350°F. Grease a 7.5" x 3.5" loaf pan (you can get foil ones at Kroger, etc.)

Cut 2 pieces of parchment paper to fit the length and width of the loaf pan and extending over the edges as a sling to help remove the bread after baking.

In a small bowl, combine the dry ingredients.

In a larger bowl, whisk the eggs, egg white and apple cider vinegar. Add the dry ingredients and stir until just combined.

Pour hot water in and stir vigorously. Batter will be thick – similar to oatmeal.

Spread into the prepared pan and bake for 35 minutes or until toothpick comes out clean.

Cool bread in the pan for 10-15 minutes. Then transfer to a wire rack to cool. Store in an airtight container in the refrigerator.

NOTE: This bread (like most gluten-free breads) is best toasted. For maintenance, use leftovers to make French Toast!

\*This is an amazing source of fiber. You won't need a big bag, but can use it often in smoothies, etc.