



Quick Bread

PREP TIME

10 min

TOTAL TIME

50 min

Nutrition Information Per Serving

Makes 16 servings

FAT

12g

PROTEIN

3.5g

CARBS

3g

CALORIES

136

Ingredients

½ cup butter, melted

3 Tbsp coconut oil, melted

6 eggs

1 tsp baking powder

½ cup almond flour

½ cup coconut flour

½ tsp xanthan gum

½ tsp salt

Instructions

1. Preheat oven to 350 degrees.
2. Combine eggs in food processor and blend until whites and yolks are combined.
3. Add the rest of the ingredients and run the food processor until a dough forms.
4. Form dough into a greased loaf pan.
5. Bake for 40 minutes or until top is browned.
6. Let cool, then slice into 16 slices.

Adapted from <http://lowcarbyum.com/basic-quick-bread/>