



Low Carb Diabetes Association

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Broccoli Bread

Ingredients:

- * 1 head broccoli
- * 1/4 cup flax seed meal
- * 4 organic omega-3 eggs
- * 1/4 cup unfiltered extra virgin olive oil
- * 2 tsp baking powder
- * 1 tsp dried oregano
- * 1 tsp dried thyme
- * 1 tsp dried lemon pepper

Directions:

1. Wash & chop broccoli florets.
2. Grind to bits in food processor.
3. Add eggs, olive oil, baking powder & spices and mix well.
4. I baked for an hour in a programmable breadmaker, with only the "bake" & "keep warm" settings turned on.
5. Perhaps baking in an oven at 350 F would work.