



*Low Carb Diabetes Association*

Low Carb Diabetes Association  
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## **Nutty Bread**

### **Ingredients:**

- \* 1 ½ cups almond flour
- \* ¾ cup arrowroot powder
- \* ¼ cup golden flax meal
- \* 1 tsp-1TSBP Celtic or REAL sea salt
- \* ½ teaspoon baking soda
- \* 4 organic omega-3 eggs
- \* ¼ teaspoon Stevia drops Or ¼-1/2 teaspoon any sweetener powder
- \* 1 tsp apple cider vinegar
- \* 1.75 cups nuts and seeds

**Can also add some cinnamon for cinnamon bread OR Italian spices (oregano, basil, thyme) for a savory type bread.**

### **Directions:**

1. In a medium bowl, combine almond flour, arrowroot, flax meal, salt and baking soda
2. In a larger bowl, blend eggs 3-5 minutes until frothy
3. Stir sweetener and vinegar into eggs
4. Mix dry ingredients into wet, then add nuts and seeds
5. Pour batter into a well greased 7.5 x 3.5 loaf pan
6. Bake at 350F for 30-35 minutes, until a toothpick inserted into center of loaf comes out clean
7. Cool and serve