

2 . Protein Bread



Protein Bread is used in diets. This bread is very soft, moist and can last five to seven days, without any problems. It is important to keep it in a closed dish in the fridge. The bread contains neither flour nor yeast, and its preparation is very quick and simple. You can use this bread to make sandwiches or you can put it into toaster.

INGREDIENTS :

500 g . low fat cottage cheese

250 g of oat bran

1 spoon of olive oil (pumpkin seed oil, canola oil or any other healthy oil)

30 g of coconut flour

1 tea spoon of baking soda (without aluminium)

4 eggs(L)

1 tea spoon of salt (Himalayan)

PREPARATION :

1 . Heat the oven well to 160 degrees ...

2 . Put all the ingredients in a bowl and mix them well (if wished you can add 3 tea spoons of chia seeds) ...

3 . Put baking paper into the baking tray ...

4 . Put the mixture in the tin, using a spoon ...

5 . Press and smooth the mixture gently with a tea spoon to avoid appearance of holes in the bread ...

6 . Put the bread into the pre-heated oven and bake it for exactly 45 minutes ...

7 . Take the baked bread out of the tin immediately and put it on the greased to cool ...



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