

1. Protein Bread



Protein Bread is used in diets. This bread is very soft, moist and can last five to seven days, without 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 :

150 g of ground linseed

300 g of low fat cottage cheese

5 eggs (L)

1 tea spoon of baking soda (without aluminium)

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

1 soup spoon of dried tomato (ground)

50 g of coconut flour

1 tea spoon of salt (Himalayan)

3 soup spoons of chilli seeds

1 tea spoon of Italian spices (not obligatory)

PREPARATION :

1. Heat the oven well at 160 C...
2. Put all the ingredients in a bowl and mix them well...
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 formerly heated oven and bake for exactly 45 minutes...
7. Take the baked bread out of the tin immediately and put it on the greed to cool...



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