

GLUTEN FREE

Almond & Flaxseed Bread with Ricotta & Blueberries

YOU WILL NEED

2 ¼ cups almond meal
¼ cup ground flaxseed
½ tsp baking soda/bicarb soda
½ tsp sea salt
5 eggs
½ tbsp raw honey
1 tbsp extra virgin olive oil
1 tbsp apple cider vinegar
Topping:
Ricotta
Blueberries
Raw honey

PROCEDURE

- Preheat oven to 180c.
- Combine dry ingredients in food processor and pulse until combined.
- Add eggs, honey, olive oil and vinegar until combined.
- Pour mixture into a lined loaf tin and bake for 30-35 mins.
- Cool in tin for 30 minutes.
- Wrap in baking paper and store in airtight container.
- Will keep for 5 days
- Alternatively cut into slices and freeze.

To serve:

- Toast almond bread, spread with ricotta then top with blueberries and a drizzle of honey.



HEALTH TIP

This breakfast contains protein, carbohydrate and healthy fats to balance your blood sugar levels and keep you fuller for longer.

a cut above

catering

