



Flaxseed "Focaccia" Bread-made focaccia-style/gluten free

Pre-heat oven to 350°F. Prepare 10x15 cookie sheet with sides with oiled parchment or silicone mat.

Ingredients:

2 cups flaxseed meal
1 Tbsp. baking powder
1/2 tsp. salt
1 tsp. honey (Or more if you want this sweet)
5 eggs
½ cup water
1/3 cup oil

Procedure:

Whisk together flaxseed, baking powder, salt and honey. Add beaten eggs, water and oil. Let batter sit for 2-3 minutes- not more as it will get too stiff to spread. Pour into pan and spread almost to edges. Bake 20 minutes until springs back to the touch. Cool and cut into 12 slices with a spatula.

Per slice this bread has less than a gram of carb (.8), 5 grams fiber, 8 grams protein and 185 calories. Use just like you would flour breads - toasted, sandwiched, etc.

