

## *Pumpernickel Bread*

**Makes 1 Loaf**

120 g (1 cup) walnuts  
30 g (¼ cup) sunflower seeds  
400 g (4 cups) almond flour  
½ tsp salt  
1 tsp baking soda  
3 eggs  
80 g (⅓ cup) butter  
1 tsp honey

Preheat the oven to 150°C/300°F

Line a 10 x 21 cm/4 x 8 inch loaf tin with baking paper

Place walnuts and sunflower seeds into a food processor chop nuts for 5 seconds with the sharp blade inserted. Take out the sharp blade and insert mixing blade. Add almond flour, salt and baking soda and mix. In another bowl, whisk the eggs, butter, and honey until fluffy. Pour into food processor and process with the almond flour until the dough is well combined. The dough will be quite thick and heavy. Pour the dough into the lined loaf tin and bake for 1 hour or until top is browned and cracked. The bread will sound hollow and will be quite firm to the touch.

Remove from the oven and cool for 10 minutes. Remove from tin and peel off baking paper. Refrigerate bread in an airtight container. The bread will keep for 1 week.

Great toasted!

Omit the sunflower seeds if they cause you problems.

## *Light White Bread*

**Makes 1 Loaf**

250 g (2 ½ cups) almond flour  
1 tsp baking soda  
¼ tsp salt  
3 eggs - separated  
250 g (1 cup) scd yogurt<sup>^</sup>  
1 Tbs honey

Preheat oven to 150°C/300°F

Line a 10 x 21 cm/4 x 8 inch loaf tin with baking paper

In a large bowl, mix the almond flour, baking soda and salt. Whisk the egg yolks with the yogurt<sup>^</sup> and honey until light and fluffy. Beat the egg whites until stiff. Combine the egg yolk mixture with the almond flour until smooth. Add the stiff egg whites and gently blend. Pour the mixture into the prepared loaf tin and bake for 50- 60 minutes or until the top feels spongy. Let cool before slicing. Refrigerate in an airtight container.

This is a soft and fluffy bread and is great with savory toppings as well as sweet toppings.

It is too soft for the toaster, but will toast nicely under the grill.