

Golden Flaxseed Bread (Whole Grain & Gluten-Free)

Ingredients

- 1 ½ cups golden flaxseed meal (finely ground)
- ½ cup almond flour
- 1 tbsp psyllium husk (for structure and softness)
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp sea salt
- 4 large eggs
- 1 tbsp apple cider vinegar
- ⅓ cup olive oil or avocado oil
- ¾ cup warm water

Instructions

1. Preheat your oven to 350°F (175°C). Line a loaf pan with parchment paper or lightly grease it.
2. In a large bowl, whisk together flaxseed meal, almond flour, psyllium husk, baking powder, baking soda, and salt.

3. In a separate bowl, beat the eggs, then add vinegar, oil, and warm water.
4. Mix wet ingredients into dry ingredients until a thick batter forms. Let it sit for 5–10 minutes to thicken further.
5. Pour batter into the prepared loaf pan. Smooth the top with a spatula.
6. Bake for 40–45 minutes or until golden brown and firm to the touch.
7. Let cool completely before slicing for best texture.

Benefits

- Flaxseed: Rich in omega-3s, fiber, and lignans for heart health and hormone balance.
- Almond flour: High in protein, low in carbs, supports blood sugar control.
- Psyllium husk: Boosts gut health and helps maintain moisture.
- Gluten-Free: Suitable for gluten-sensitive individuals and still satisfying.

Prep Time: 10 minutes