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Recipe Name

Makes

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

1 cup almond flour

¾ cup coconut flour

5 1/3 tbsp sesame seeds

½ cup flaxseed

¼ cup ground [psyllium husk powder](#)-purchase [online](#) This ingredient should be available at a health food store or Whole Foods. I find it is most convenient to buy online.

3 tsp baking powder

1 tsp ground fennel seeds or ground caraway seeds

1 tsp salt

6 eggs

7 oz. cream cheese-full fat

½ cup melted butter or melted coconut oil

¾ cup heavy whipping cream

1 tbsp poppy seeds or sesame seeds

1 tbs butter to grease baking pan

Equipment for class

2 medium mixing bowls

Rubber spatula

8 ½ x 4-inch loaf baking pan or similar size

Parchment paper

Low-Carb Seed Bread

Dietdoctor.com

Makes one 8 ½ x 4-inch loaf

1 cup almond flour
¾ cup coconut flour
5 1/3 tbsp sesame seeds
½ cup flaxseed
¼ cup ground psyllium husk powder
3 tsp baking powder
1 tsp ground fennel seeds or ground caraway seeds
1 tsp salt
6 eggs
7 oz. cream cheese
½ cup melted butter or melted coconut oil
¾ cup heavy whipping cream
1 tbsp poppy seeds or sesame seeds

1. Preheat the oven to 350°F (175°C).
2. Mix all dry ingredients, except the seeds for the topping (poppy or sesame seeds) in a bowl.
3. In a separate bowl, whisk all remaining ingredients until smooth.
4. Add the dry mixture to the batter and mix thoroughly. Place the dough in a greased bread pan, lined with parchment paper.
5. Bake for about 45 minutes on the lower rack in the oven. Prick the bread with a cake tester to see if it's ready, it should come out clean. Take it out of the oven and remove the bread from the form.
6. Remove the parchment paper and let the loaf cool on a rack. If the loaf is allowed to cool in the form the crust will be soggy.
7. Serve it freshly baked with your favorite toppings. Store in the refrigerator. This bread freezes well.

