



## **Low Carb Bread Recipe**

1 ½ cups ground flax seeds (or flax seed meal)  
½ cup oat flour  
1 tbsp baking powder  
1 tsp salt  
5-10 drops of Stevia or 1 tbsp honey  
3 whole eggs  
4 egg whites  
½ cup water  
1/3 cup oil

First preheat the oven to 350 degrees Fahrenheit. Next mix all the dry ingredients together until well blended. From there, stir in the wet ingredients until all the batter is combined and no dry spots remain.

Let sit to thicken for a couple of minutes and then pour into a well greased pan. Bake for about 20-24 minutes or until the middle looks golden brown and has a springy feel to it.