

Coconut Flour Bread (Whole 30 and Paleo)

Shopping List :

- 6 organic eggs (room temperature)
- 3/4 cup coconut flour
- 1/2 cup olive oil or coconut oil
- 2 tbsp arrowroot flour
- 1/2 tsp Pink Himalayan salt
- 1 tsp baking powder

Mix all of the ingredients together and allow it to sit for about 5 to 10 minutes. Then pour the batter into a greased loaf pan. I usually like to sprinkle rosemary and salt on top of the bread before baking. You can also use oregano or other seasonings.

Bake the coconut flour bread at 350 F for 35-40 minutes, but just watch your time and the bread's appearance. It is done when you can stick a toothpick into the center and it comes out clear.