

# Walnut Bread

Think of this bread as a gut-friendly twist on rye bread—a little sweet, a little sour, a bit dense, and great for sandwiches, lightly buttered, or topped with organic, full-fat cream cheese. If you prefer a bread with a lighter texture, you can skip the hazelnut flour and substitute 2 cups of almond flour.

## MAKES 1 LOAF

1. Preheat the oven to 350°F. Generously grease an 8½ × 4½-inch glass or metal loaf pan with avocado or coconut oil (or you can line it with parchment).

2. Whisk together the almond flour, hazelnut flour, arrowroot starch, flaxseeds, walnuts, tapioca starch, salt, and baking soda in a large bowl.

3. In a smaller bowl, combine the avocado or coconut oil, eggs, coconut milk, yacón syrup, and vinegar.

4. Add the wet ingredients to the dry all at once and stir until combined, being careful not to over-mix (too much mixing makes the bread tough).

5. Immediately pour the batter into the prepared pan and bake until a toothpick inserted into the center comes out clean, about 40 to 45 minutes.

6. Cool on a wire rack before slicing and serving, and store any leftovers wrapped in the fridge for up to 5 days.

- 4 tablespoons avocado or coconut oil, melted, plus additional for greasing the pan
- 1½ cup blanched almond flour
- ½ cup hazelnut flour (available at Trader Joe's, or grind your own)
- 6 tablespoons arrowroot starch
- 4 tablespoons finely ground flaxseeds
- 1 cup diced walnuts
- 2 tablespoons tapioca starch
- ½ teaspoon iodized sea salt
- ¾ teaspoon baking soda
- 4 large omega-3 or pastured eggs or VeganEggs
- ½ cup plain full-fat coconut milk
- 2 tablespoons yacón syrup
- 1½ teaspoons red wine vinegar