



Basic Nut Bread / Cake / Muffin Recipe

This is a basic recipe base you can use at Stage Four when starting to add in some baked goods and as you move through the stages you can make it more and more interesting adding in different flavours.

The basic ingredients are:

2 ½ Cups Ground Almonds (or other nut flour)

1 Cup pureed pumpkin (I use Butternut)

5 eggs

¼ cup of either softened butter, duck / beef / chicken fat, coconut oil or homemade yogurt

Method:

Whip the egg whites separately to make the finished product of the bread lighter. Mix the egg yolks and rest of the ingredients together then fold in the egg whites.

Grease a pan with ghee and line it with grease proof paper then grease the paper a little bit as well to prevent sticking.

Preheat the oven to 150°C then place in there for about an hour to hour and 15 minutes.

Check with a knife or skewer to make sure it comes out clean which indicates the bread is done, then allow to cool and cut into it.

Variations for Savoury Bread / Muffins:

Add some salt, pepper, tomato puree, herbs, grated cheese (if allowed at the stage you're on and tolerated), carrots, olives, spinach or whatever else your imagination and taste buds desire

Variations for Sweet Bread / Muffins:

Shredded Coconut, frozen berries, dried fruit, nuts and seeds, chunks of apple, honey, bananas or anything else you like that's allowed for the stage you're on.

Other uses:

To make a pizza base use the above basic recipe (add some salt), spread it onto a pizza tray around 2cm thick and bake in a preheated 150°C oven for about 30 minutes. Check it's cooked, cool down then add tomato puree, salt and whatever toppings you desire (that are on the foods allowed list and tolerated)