

Focaccia Flax Bread By: Au Naturale Nutrition



I call this "focaccia" because it is baked flat in a pan. It works for toast, sandwich bread, or use as a dinner roll. It is "rough" in texture like heavy whole grain breads.

- 2 cups sprouted golden flax seed meal*
- 1 Tablespoon baking powder
- 1 tsp sea salt
- 1 tsp mixed spices (I like Trader Joe's 21 seasoning.)
- 5 eggs
- 1/2 cup water
- 1/3 cup HEALTHY oil or melted butter

Preheat oven to 350 F.

Oil a glass 9x13 glass baking dish or equivalent.

- 1) Mix dry ingredients well -- a whisk works well.
- 2) Add wet to dry, and combine well. (If making ½ recipe, use 2 eggs + 1 egg yolk.)
- 3) Let batter set for 2 to 3 minutes to thicken up some (leave it too long and it gets past the point where it's easy to spread.)
- 4) Pour batter into baking dish. Spread to edges. Optional- sprinkle with poppy seeds, sesame seeds, onion flakes.
- 5) Bake for about 20 minutes, until it springs back when you touch the top and is visibly browning.
- 6) Cool and cut into whatever size slices you want.

STORE IN FRIDGE.

*When flax meal is made from sprouted flax, phytic acid is reduced (good), which makes the nutrients in the flax more digestible and bio-available.