



Nut bread

Ingredients

- 2 1/2 C of Nut flour (I used almond flour for this recipe)
- 3 eggs
- 1/4 C melted butter
- Milk (if needed)
- Salt (optional)

Kitchen Equipment

- Blender or vitamix (if you want to make your own flour)
- Bowl to mix
- Measuring spoon

Notes

- This bread can be made with any type of nut flour, like walnut, pecan or other.
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Who doesn't love bread? Well, I personally don't know anybody that would say no to bread. I have a few

objections to the commercial bread. First of all it is made with flours that are usually processed on a way that they contain no nutrition at all. Also, the commercial bread most of the time includes additives and preservatives to increase the shelf life, and most of those usually end up damaging our gut wall.

I like to make my own bread. There are million ways to make your own bread at home, however, what I like about this recipe is how easy it is to make. It only uses 3 ingredients, almonds, eggs and butter, which is good and healthy animal fat. You can also make it with any other nuts you like, like walnuts, pecans or any other. I personally like to make my own flour at home. It is a bit challenging, but I prepare my nuts ahead of time. (See the facts about nuts and seeds and how they must be prepared to increase the bio-availability of their nutrients).

To make my own flour, I use a Vitamix. It is one of the best investments I have ever made for my kitchen. I just have to 'blend' the nuts in the Vitamix, and voila, flour is done. It is not as 'powdery' as the commercial one, but it works great for baking. Regular blenders are not very helpful to make flour. But if you don't have a way to make your own flour at home, feel free to use a good quality commercial one. At the end of the day, your bread will be much healthier than the ones you can buy in the supermarket.

Before you start this recipe, pre-heat your oven at 300F.

If you are making your own nut flour (like I made my almond flour), start here. Otherwise, skip this step.

If you have a way to make your own nut flour at home, start by grinding the nuts you are using. I like to making my own flour at home. So I used a Vitamix to grind almonds that I previously soaked, rinsed and dried with a dehydrator. I just put the almonds in the Vitamix and grinded them. As a reference, one 1L mason jar (1 L) full of almonds makes 4 cups of almond flour.

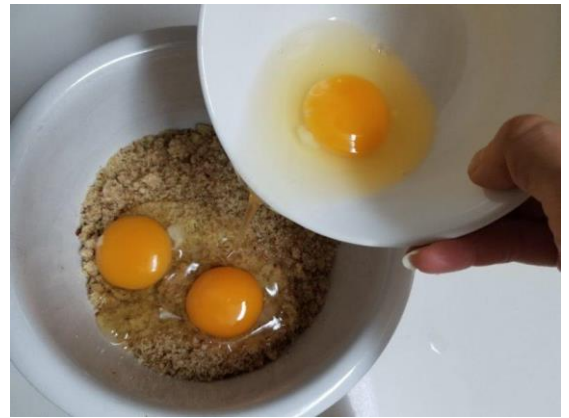
I grounded the almonds in 4 batches. Just put them into the Vitamix and blend, scraping the bottom of the blender a few times, so all the almonds get grinded properly. For this bread, you don't have to pulverize to get the

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commercial flour consistency. In fact, if you try to pulverize them too much, the nuts will get broken down to a point that they will turn into a spreadable butter.



Add the 2 1/2 cups of almonds into a bowl. I always try to avoid using aluminum bowls). Then add 3 eggs and mix.



Add the melted butter and mix well. At this point you can add some salt if desired.



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You should end up with a porridge-like consistency. If you need, add some milk to get this consistency. But don't add too much milk at a time, to avoid getting it too watery.



Pour the mix into the pan and bake it at 300F for about 1 hour. In my oven it takes just over 50 minutes, so I would recommend that you check your bread every few minutes after it gets 40 minutes inside your oven.



Grease the pan where you will bake your bread. I like to use silicon pans since it is very easy to take the bread off the pan, and they are also dishwasher safe. I like to grease the pan with a piece of butter. Just rub it in the pan.



I always like to experiment with my recipes. It is fun play with different types of baking pans to make your bread. These are some of the ones I used. You can find some of this baking pans [here](#).



When I made this bread I made several batches. One of them was done in my round 'cake' baking pan. By the time I tried to take a picture of the bread to post it here, which took almost no time, guess what? Somebody already eat part of the bread! Well, that shows you how much they like it at home.



This is what I got by making some batches with different shape pans. On top of the round one showed above, I made some loaf, muffin and donut shape ones.



This bread keeps well in the fridge for a few days. I usually slice the loaves and cut the round one in pieces, like a pie. Leave some in the fridge and freeze the rest for another day. As for the muffins and the donuts, I don't pre-cut them, I just leave some of them in the fridge for the next few days and freeze the rest as is.