



Keto coconut-flour bread

1g



10 + 50 m

We *almost* called this one “*Almost* Cornbread.” But... well... no corn. Don't let that stop you from pairing it with chili. Or spread the butter on thick and serve it up with a big bowl of bone broth. Primal satisfaction!

Ingredients

12 servings us

- ½ cup coconut flour
- ¼ teaspoon sea salt
- ¼ teaspoon baking soda
- 6 eggs
- ½ cup melted coconut oil

Instructions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a medium sized bowl, sift together the dry ingredients.
- 3 Slowly add the wet ingredients into the dry ingredients and stir until very smooth.
- 4 Grease a small bread pan and fill about $\frac{2}{3}$ of the way full with batter. Bake for 40-50 minutes, or until a toothpick comes out clean.