

The Best Grain-Free Sandwich Bread (In the History of Man)

Mix dry ingredients:

3/4 cup Flax Meal, sifted

1 cup Whey Protein Concentrate (Bob's Red Mill), sifted

3 tbsp arrowroot (keeps bread from falling apart)

1 tsp gluten-free baking powder & 1/2 tsp of baking soda

1/2 tsp salt

6 Splenda packets

1+ tsp. of onion powder

1/4 cup or more of sesame seeds

Separately, mix wet ingredients:

7 eggs, beaten well (overdue this so no strings of eggs in bread)

1 stick of melted butter

3 tbsp. of sour cream

Mix wet & dry ingredients well

Pour into loaf pans. Top with layer of sesame seeds.

Bake 325 degrees for at least 45 mins or more, until firm. Let cool and then slice. Bread keeps well in the refrigerator for more than a week. Stores best in a slightly open paper bag. Don't want soggy bread for sandwiches.

**Later, experiment with -> 1/3 cup olive oil & rosemary leaves instead of onion powder and butter but try first with a stick of butter because it is very good.

**Makes 1 large loaf or 2 smaller ones. Entire recipe is 2000 calories, 120 grams of protein, only 17 grams of carbs., 19,200 mg. of omega 3s and 50 grams of insoluble fiber. Skin starts to look better in 4 days of eating this bread on a daily basis because of the omega 3s and lignans. This bread is also very good for your heart and brain and lowers your cholesterol.