



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 30-40 mins

Serves: makes 2 x tiny loaves

INGREDIENTS

- ¼ cup olive oil
- ¼ cup coconut milk
- 4 eggs
- 2 tsp fresh chopped rosemary

ROSEMARY COCONUT BREAD



- 1 tsp pink rock salt
- 1 tsp baking soda
- ¾ cup coconut flour
- ⅓ cup flaxseed flour

METHOD

- Preheat oven to 180°C.
- In a bowl, mix wet ingredients together until smooth.
- Add dry ingredients EXCEPT coconut flour, and mix well.
- Mix in the coconut flour until combined.
- Press mixture into 2 x tins, 8cm x 14cm.
- Bake 30 minutes, until toothpick comes out clean.
- Cool on wire rack.