



ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 5 mins

Cook time: 15 mins

Makes: 10-12

INGREDIENTS

- Olive or coconut oil spray
- 1 cup almond meal
- 1 cup arrowroot
- 1 can (400g) full fat coconut milk
- 2 tsp pink rock salt

METHOD

- Preheat a large skillet and spray base with olive (or coconut) oil
- Whisk all the ingredients together in a large bowl.
- Spoon soup labels (1/2 cup) of batter into skillet and shake to spread.
- Fry for about 3 minutes, until browning underneath, flip and repeat on the other side.
- Repeat with the remainder of the batter.
- Spray with oil in between bread if necessary, but a nonstick pan may not need any oil.
- Serve immediately, or stagger on a baking tray to reheat in a hot oven when required.

INDIAN NAAN **BREAD**

