

# Best Ever Paleo Bread

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 cups almond flour
- 1/4 cup arrowroot flour\*
- 3 tbsp coconut flour
- 1 tsp baking soda
- 1 tsp baking powder
- 2 tbsp ground flaxseeds
- 1/2 tsp sea salt
- 4 medium eggs
- 1/2 cup filtered water
- 2 tbsp melted coconut oil
- 1 tsp apple cider vinegar

## Instructions:

1. Preheat oven to 350°F (180°C). Line a standard size loaf pan with parchment paper or grease with coconut oil.
2. In a large bowl, combine flours, baking soda, baking powder, ground flaxseeds and salt.
3. In a small bowl, combine whisked eggs, water, melted coconut oil and apple cider vinegar.
4. Add wet ingredients to dry ingredients and stir together. Pour batter into loaf pan and bake for 30 to 40 minutes until fork inserted comes out clean.
5. Refrigerate for up to a week or freeze for up to 3 months. Slice before freezing then you can just pop it in the toaster from frozen.

## Notes:

\*You can sub in tapioca flour.