

## How to Make Protein Bread (Bread Maker)

### Ingredients:

- 2 tablespoons of live yeast
- 1 cup of bread flour
- 1 cup of wholemeal flour
- 4 tablespoons of whey, soy or pea protein (unflavoured)
- 4 tablespoons of oat bran (or psyllium husk)
- 1 tablespoon of olive oil
- 1 tablespoon of sweetener or sugar replacement (dried, powdered banana is a great choice but honey works too)
- $\frac{3}{4}$  teaspoon of salt
- 1 to 1  $\frac{1}{2}$  cups of water

### Optional:

- $\frac{1}{4}$  to  $\frac{1}{2}$  cup pumpkin seeds
- $\frac{1}{4}$  cup rolled oats

## Oven-Baked Protein Bread

### Ingredients:

- $\frac{1}{4}$  cup whole almonds
- $\frac{1}{4}$  cup whole hazelnuts
- $\frac{1}{2}$  cup hulled pumpkin seeds
- $\frac{1}{2}$  cup flaxseeds, whole
- 2 cups almond flour
- 2 tablespoons coconut flour
- 1  $\frac{1}{2}$  teaspoons baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup unsweetened almond milk
- 3 large eggs, whisked
- 6 tablespoons melted coconut oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- Extra seeds, if desired (your choice)

### Instructions:

1. Combine the almonds and hazelnuts in a food processor and pulse until ground.
2. Add the seeds and pulse again into a powder, then pulse in the almond flour, coconut flour, baking soda and salt until well combined.
3. In another bowl, whisk together the almond milk, eggs, coconut oil, cider vinegar, and honey.
4. Pour the mixture into the food processor and blend until smooth then let rest 5 minutes.
5. Line a loaf pan with parchment and preheat the oven to 350°F.
6. Spread the bread dough in the loaf pan and sprinkle with seeds as desired.
7. Bake for 45 to 50 minutes until a knife inserted in the center comes out clean.
8. Cool the bread completely in the pan then turn out and slice to serve.