

Almond Flour Pan Bread – Carb Smart, Sugar Smart, Gluten-Free, Grain Free

Serves 12

Ingredients

2 cups almond flour
1/2 cup flax seed meal
2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon powdered stevia extract (such as NuNaturals)
3 large eggs
1/4 cup butter, melted
1 cup unsweetened almond milk
1/2 teaspoon vanilla extract

Directions

Step 1

Preheat oven to 350°F and spray a 9x9-inch baking pan with cooking spray. Line bottom of pan with parchment paper and spray parchment as well.

Step 2

In a large bowl, mix together almond flour, flax seed meal, baking powder, salt and stevia extract. Stir in eggs, melted butter, almond milk and vanilla extract until well combined.

Step 3

Spread batter in prepared pan and bake 25 minutes, or until top is lightly browned and a tester inserted in the center comes out clean. Let cool in pan 15 minutes, then run a sharp knife around the edges and invert onto a wire rack to cool completely.

Overnight French Toast – Carb Smart, Sugar Smart, Gluten Free, Grain Free

Serves 12

Ingredients

½ cup butter, melted
1 cup erythritol sweetener (I used Swerve Sweetener)
2 tablespoons molasses
1 cup chopped pecans (optional)
4 large eggs
1/2 cup heavy whipping cream
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1 recipe [Carb Smart, Gluten-Free Almond Flour Pan Bread](#), cut into 1-inch cubes and dried in the oven at 200°F for 2 to 3 hours

Directions

Step 1

Spray an 11x7 glass baking dish with cooking spray. In a small bowl, mix butter, molasses and erythritol sweetener together and spread evenly over the bottom of prepared pan. Sprinkle with chopped pecans, if using.

Step 2

In a large bowl, whisk together the eggs, cream, cinnamon and ginger. Stir in bread, toss to coat and allow to soak in egg mixture for 15 minutes.

Step 3

Spoon into baking dish over molasses mixture and press down lightly to compact together.

Step 4

Cover tightly with foil and refrigerate at least one hour and no more than 12 hours.

Step 5

When ready to bake, preheat the oven to 350°F. Bake 20 minutes covered, then remove foil and continue to bake another 10 to 15 minutes, until golden brown on top.

Step 6

Remove from oven and run a sharp knife around the edges of the French toast. Place a large, heatproof serving plate or tray upside down on baking dish; carefully turn plate and baking dish over. Leave baking dish over French toast 1 minute; remove baking dish. Use rubber spatula to remove any caramel sauce from bottom of baking dish and spread over top of French toast bake. Serve immediately.