

Almond Maple “Pancake” Bread

Preheat oven at 300 degrees F

Spray a loaf pan with zero-calorie nonstick spray like PAM

Ingredients:

- 4 cups almond meal
- 2 rounded scoops of whey protein powder (vanilla or unflavored works well)
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ cup xylitol OR 4 tbsp coconut nectar sweetener
- 5 eggs
- ½ cup water
- 1 ½ tsp maple extract

Directions:

- In a large bowl, combine all the dry ingredients, mix
- In a medium bowl, whisk eggs and then add sweetener, water & extract, mix well
- Add wet mixture to dry mixture and mix well with a spoon
- Pour mixture into the loaf pan (5x9 inch)
- Bake for 50-55 minutes or until tooth pick or fork comes out clean
- Immediately remove from pan and let cool completely
- Makes 12 servings