

FLOURLESS WALNUT LOAF

RECIPE

INGREDIENTS

Loaf Pan needed

3 Large eggs

½ cup raw almond butter or peanut butter (see tips below for more info)

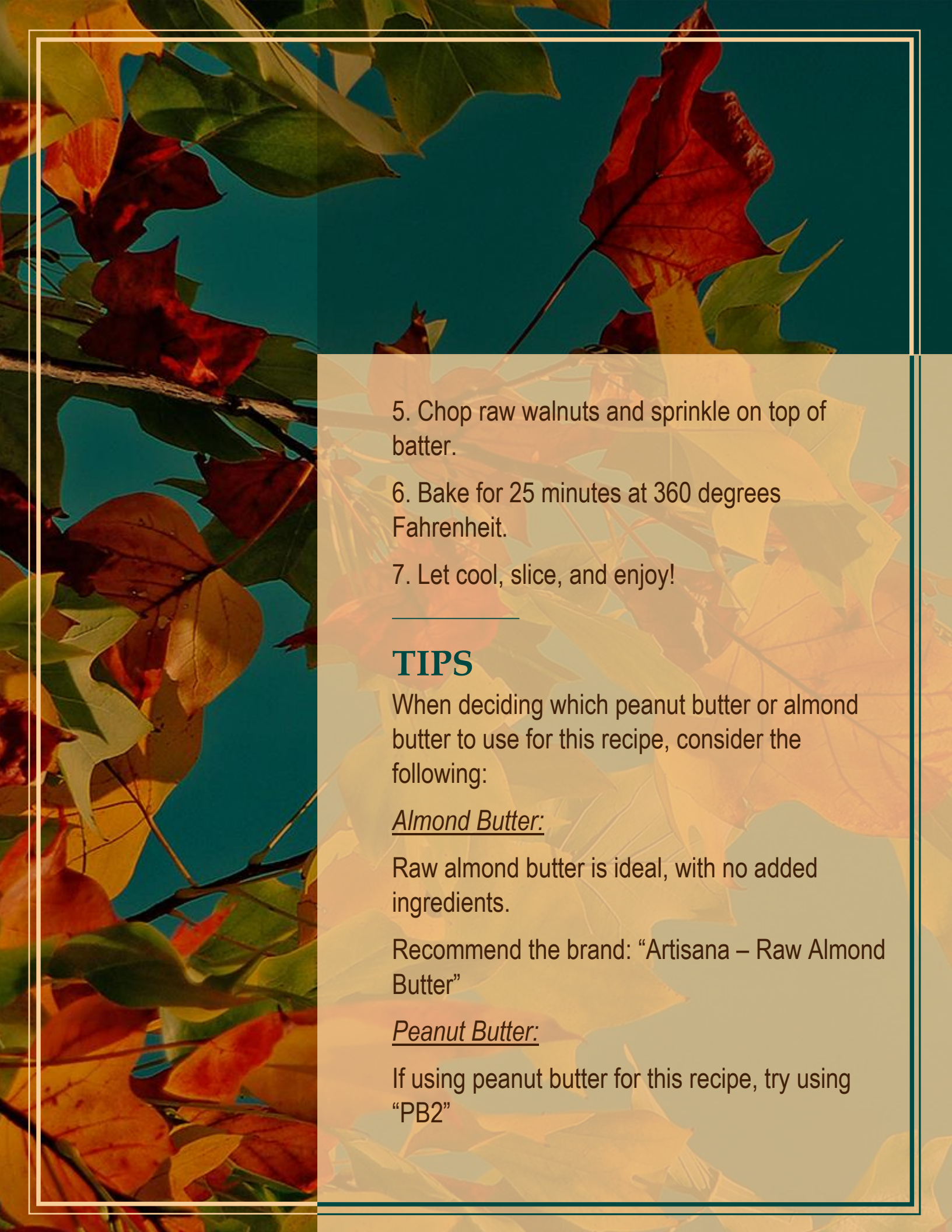
1 teaspoon vinegar

½ Tablespoon baking powder

1/3 cup raw walnuts (optional)

INSTRUCTIONS

1. Pre-heat oven to 360 degrees Fahrenheit
2. Combine eggs, nut butter, vinegar, and baking powder together. Mix well until smooth.
3. Spray loaf pan with non-stick cooking spray
4. Pour batter into pan.

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5. Chop raw walnuts and sprinkle on top of batter.
 6. Bake for 25 minutes at 360 degrees Fahrenheit.
 7. Let cool, slice, and enjoy!

TIPS

When deciding which peanut butter or almond butter to use for this recipe, consider the following:

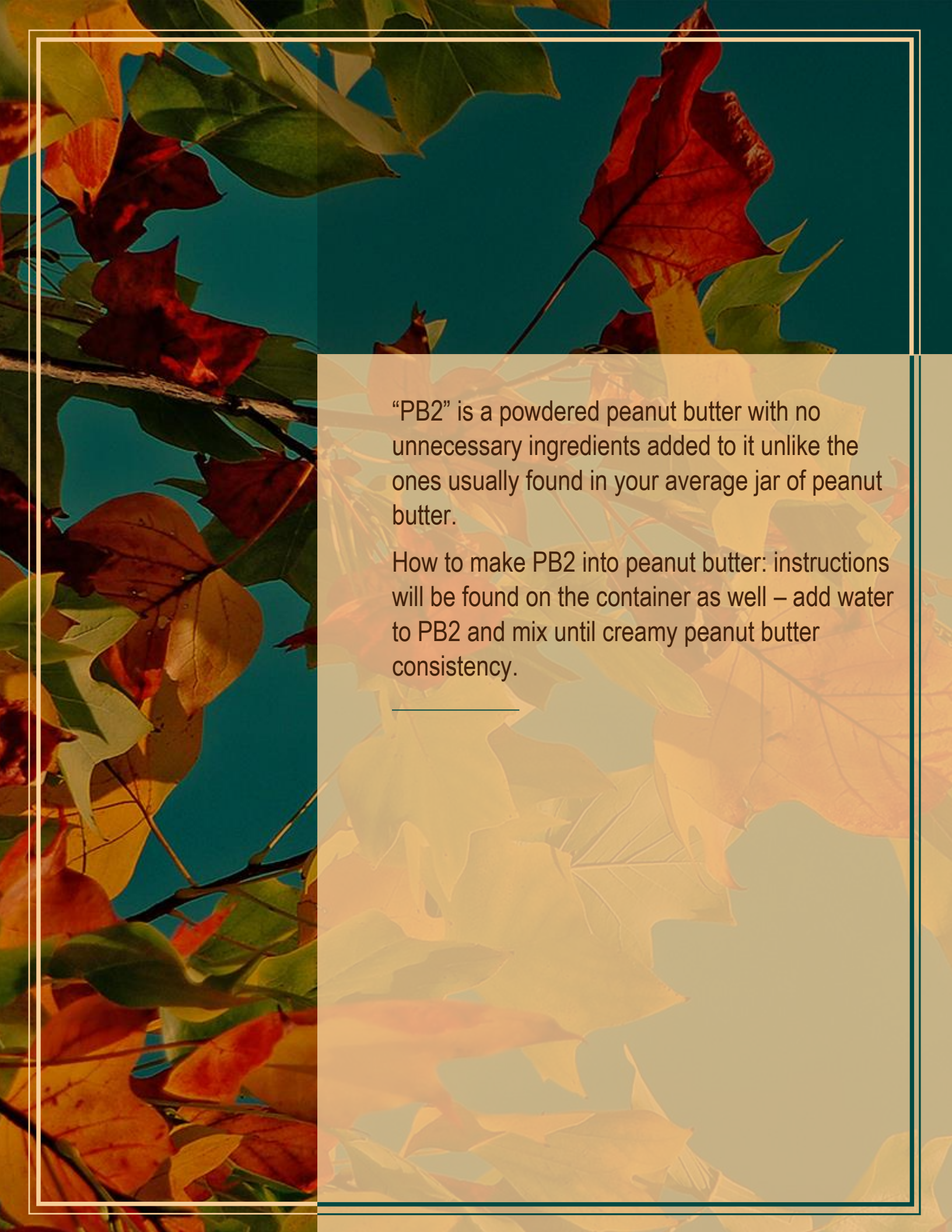
Almond Butter:

Raw almond butter is ideal, with no added ingredients.

Recommend the brand: “Artisana – Raw Almond Butter”

Peanut Butter:

If using peanut butter for this recipe, try using “PB2”



“PB2” is a powdered peanut butter with no unnecessary ingredients added to it unlike the ones usually found in your average jar of peanut butter.

How to make PB2 into peanut butter: instructions will be found on the container as well – add water to PB2 and mix until creamy peanut butter consistency.
