

# SCD Bread

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SCD staple



## **Ingredients:**

2 ½ cup	Almond flour
1/3 cup	Melted butter
1 cup	Dry cottage cheese (farmers cheese)
1 tsp	Baking soda
¼ tsp	Sea salt
3	Eggs

## **Directions:**

- 1.) Preheat oven to 350 deg F.
- 2.) Place eggs, melted butter, dry cottage cheese, baking soda and salt in a food processor with metal blade. Process until the mixture is thick and resembles butter in texture.
- 3.) Add almond flour and process until mixed thoroughly. If the stiffened mixture stop the food processor, remove the dough with wet hands and knead by hand until almond flour is thoroughly mixed into other ingredients.
- 4.) Grease a loaf pan (4" x 8") generously with butter or ghee and coat bottom with almond flour.
- 5.) Using wet hands, shape dough into a loaf and press into greased pan.
- 6.) Bake at 350 – 375 deg F for about 1 hour until lightly browned on top. There will be a crack on the top of the loaf. Check, by inserting a metal kitchen knife; it will come out clean when the bread is done.
- 7.) Remove from oven and run a metal spatula around the sides of the pan pressing gently against the loaf to loosen it at the corners and bottom of the pan.
- 8.) Remove bread by inverting the pan onto a cooling rack. Allow to cool thorough before you cut it (needs to firm up its texture).

## **Notes / Suggestions:**

- 1.) Optionally could add 1 Tbsp caraway seeds or ½ cup raisins to raw dough and knead in for alternative flavoring.
- 2.) Instead of a single loaf pan, 2 small metal loaf pans (3.5" x 5.5") can be used, cooking for 40 minutes.