

SCD Sandwich Rounds



SCD staple

Ingredients:

- 2 ½ cup Almond flour
- 1 tsp Baking soda
- 1 cup SCD Yogurt
- ¼ cup Butter or ghee, melted
- 2 Tbsp Honey
- 3 Eggs (large)
- Toppings, such as coarse sea salt, oregano, etc.

Directions:

- 1.) Preheat oven to 350 deg F. Line 2 or 3 baking sheets with nonstick baking mats, parchment paper, or other nonstick material
- 2.) Place all ingredients, except your toppings, in a food processor, blend until creamy.
- 3.) Pour ¼ cup batter circles onto the prepared baking sheets. Use the back of the measuring cup to spread the batter out to the size you want. Don't make it too thin! If you want larger bread rounds, use 1/3 measuring cup but don't spread out because they'll do that while baking.
- 4.) Sprinkle on toppings
- 5.) Bake at 350 deg F for about 15 minutes until lightly browned on top. If you're making larger rolls, they'll take longer. Don't be afraid to let them get brown, as they'll be firmer and more bread-like.
- 6.) Transfer bread rounds onto a cooling rack. Allow to cool thoroughly before you seal them up. They refrigerate for a week or two, in the freezer for a few months.

Notes / Suggestions:

- 1.) Makes about 12 small or 6 large rounds.
- 2.) Double the recipe and freeze half. They freeze well in Ziploc bags.