

## **NAME: CARROT – GOAT CHEESE BREAD**

**INFO:** A **grain free, sugar free, lectin free** moist & flavorful bread, using MYX all-purpose flour, goat cheese, goat cream cheese and **Plant Paradox** approved spices to give it a little bite!!! Great as a snack or with any meal.

### **INGREDIENTS:**

*Yield: 10 – 12 Slices*

288 g - MYX All Purpose Flour (144 g Cassava Flour, 72 g Almond Flour, and 72 g Coconut Flour)

1 TBL – Powdered Monk Fruit

1 tsp – Himalayan Salt

1 ¾ tsp – Baking Powder

½ tsp – Baking Soda

½ tsp – Cayenne Pepper

3 cups – Shredded Carrots

1 ½ cup – Shredded Goat Cheese (any hard goat or Italian cheese will work)

3 Large Eggs - Pasture Raised (beaten at room temperature)

1/3 cup – Goat Cream Cheese (can also use Kite Hill Almond Cream Cheese)

110 g – Goat, Ghee or Italian Butter (melted)

Option: (to add a dill flavor add ½ cup of fresh chopped dill packed)

### **DIRECTIONS:**

Preheat oven to 375

Use a standard bread pan 9 x 5, butter on inside of pan.

Using a large bowl mix together the flour, monk fruit, salt, baking powder, baking soda and cayenne pepper. Once mixed well add 1 cup of shredded cheese (save a ½ cup to top off bread before going into oven). Again mix together until all cheese is blended with dry ingredients.

In a smaller bowl mix together the melted butter (cooled), eggs, and cream cheese, whisk this well then mix in carrots.

Add carrot mixture in to larger bowl with flour mixture until all well blended together, then transfer to baking pan, top off with additional cheese and put it in the oven.

As all ovens vary in temperature, bake for 1 hour, but as always test with toothpick and watch after 45 to 50 minutes. Once baked to your desire leave in pan for 15 minutes then transfer to baking rack. Store bread at room temperature wrap in parchment paper for up to three or four days.

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