



## Paleo Vegan Breakfast Bread

**Active Time:** 15 minutes | **Total Time:** 1 hour | **Serves:** 16

### Nutrition Information Per Serving

121 calories, 4.16 g carbohydrate, 2.64 g fiber, 1.52 g NET carbs, 1.35 g protein, 11.76 g fat

#### Ingredients

- 8 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 12 Tbsp(s) Spectrum Organic Shortening
- 1 tsp Real Salt
- 1 tsp baking soda
- 1/2 cup(s) organic flaxseed meal
- 2 medium(s) chayote squash, baked and pureed

#### Preparation

1. Grease or line the bottom of a 8 x 4 loaf pan with parchment. Preheat oven to 325 F.
2. In a small bowl, combine the dry ingredients.
3. In a high-powered blender or food processor, add the wet ingredients. Blend on medium speed to combine. Add in dry ingredients and continue to blend until smooth. The batter will be thick and sticky.
4. Pour batter into pan. Transfer to oven and bake 30-35 minutes or until edges pull away and a toothpick comes out clean.
5. Let cool on a wire rack. When completely cool, store in an airtight container.

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