

# Flaxseed Bread

**Source:** Adapted from One Day One 2 Ingredient Bread

**Video:** <https://www.youtube.com/watch?v=ExlGq4eO0tE>

Amount	UOM	Ingredient
200	Grams	Brown Flaxseeds, ground medium to coarse
500	ml	Egg Whites, room temperature
1/2	Tsp	Sea Salt
2	Tbsp	Cinnamon
2	Tbsp	Honey

1. Preheat oven to 425 °F, Bake Convection setting.
2. Line small 8.5 x 4 x 2.5" loaf pan with parchment paper
3. Use a coffee/spice grinder to process Flaxseeds in batches.
4. Place all the ingredients in a large bowl.
5. Whip bread batter for 3-5 minutes till thick.
6. Pour the batter into the prepared pan. Smooth the top.
7. Bang the pan on the counter to break up large air bubbles.
8. Bake 30 minutes. Turn oven down to 350 and bake an additional 30 minutes.
9. Test internal temperature with a thermometer. When 200° F, turn off the oven and allow the bread to cool "naked". Remove the parchment paper and the pan. Place the bread on the oven rack to cool one hour.