

VEGGIE BREAD

(from Chit Chat Chomp)

1 + 1/2 cup almond meal
3/4 cups arrowroot flour
1/2 teaspoon sea salt
1/2 teaspoon baking soda
5 eggs
1 + 1/2 teaspoon apple cider vinegar
1 large zucchini, grated
1 large carrot, grated
1/2 cup finely grated Parmesan cheese
2 tablespoons pepitas.

Heat the oven to 325 F and line a standard loaf pan with parchment paper.

In a large bowl, mix together the almond meal, arrowroot, salt and baking soda. In a separate bowl whisk the eggs lightly with the apple cider vinegar. Add zucchini, carrot and cheese and mix well.

Add the egg mix to the dry ingredients. Mix to combine. Pour the dough into the prepared loaf tin and sprinkle with pepitas.

Bake for 35-40 minutes or until the top starts turning golden and a skewer comes out clean. Remove from the oven and transfer to a wire rack. Allow to cool for five minutes before cutting into slices.