



Low Carb Diabetes Association

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Low Carb Focaccia Bread

Prep Time: 15 minutes Cook Time: 30 minutes Total Time: 45 minutes

Ingredients:

- * ½ cup coconut flour
- * 5 tbs psyllium husk
- * 2 tsp baking powder
- * 1 tsp Celtic or Real salt
- * 4 organic omega-3 eggs
- * 1 cup boiling water

Can add black or green olives, rosemary, onion slices, tomato slices, sesame seeds, poppy seeds, salton top as desired.

Directions:

1. Place the coconut flour, psyllium husks, baking powder and salt into a large mixing bowl and stir until combined.
2. Add the eggs and mix. The mixture will be a very firm “play-dough” like consistency so don’t work it hard at this point.
3. Add the cup of boiling water and mix until thoroughly combined.
4. Form into a focaccia shape and place on a baking tray lined with baking paper.
5. Using a sharp knife, make diagonal cuts through the dough, sprinkle with plenty of whatever you are choosing for your toppings.
6. Bake at 350F for 25-30 minutes. It is cooked when the center is no longer spongy.
7. Serve hot with butter/alternative butter, cold with cheese, avocado slices, tomatoes, deli meat, as addition to salad or meal.
8. Can slice thinly, or even toast.