A screenshot of a cell phone

Description automatically generated

**Words healthiest bread**

**Ingredients:**

* 1 cup almond flour
* 1 cup arrowroot flour
* 1/3 cup coconut flour
* 1 tsp sea salt
* 2 tsp. active dry yeast
* 1 ½ tbsp finely ground chia seed
* 2 tbsp organic psyllium husk powder
* 1 ¼ cups filtered water
* 2 tsp maple syrup
* 1 egg

**Instructions:**

* In a large bowl, whisk together the 3 flours, and salt.
* Heat water to 105-110 (degrees Fahrenheit) add maple syrup and stir. Add the yeast and let sign for 10 minutes. The yeast should bubble or foam. If it doesn’t; START OVER.
* Stir the chia seed and psyllium powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.
* Pour yeast mixture into dry ingredients and mix with a wooden spoon until thick and fully combined. Dough will be sticky. Knead for 1 minute.
* Put kneaded dough back into the bowl, cover with damp cloth and place in a warm spot to rise for 1 hour.
* Preheat oven 425 degrees. Place a pizza stone or cookie sheet in oven to preheat.
* Divide dough into 2 balls, place on cutting bord or parchment paper. With wet hands, shape into rounds. Brush with egg wash if desired. Use a serrated knife to cut a tic tac toe pattern on the top.
* Slide the dough onto preheated stone or sheet. Bake 35-40 minutes.

\*Baking time may vary – bread is done when it reaches an internal temp of 205-210 degrees.

Let cool COMPLETELY on a wire rack. When cool, slice and serve or store in an airtight container.

To re-crisp, toast or reheat in a 375 degree oven for 5-10 minutes.