



LOW CARB "CORNBREAD"

INGREDIENTS

Dry ingredients

- 2 cups almond meal
- 2 tsp baking powder
- ½ tsp salt
- ¼ cup ground flaxmeal

Wet ingredients

- 2 cups finely shredded cheddar cheese
- 4 lg eggs
- ½ cup sour cream
- ½ cup bacon bits |
- ¼ cup finely chopped jalapenos

INSTRUCTIONS

This versatile faux-cornbread is the ideal accompaniment to keto chili, on the Thanksgiving table, or to have alongside a bowl of broccoli soup.

Preheat your oven to 350F. Spray a loaf tin with coconut or olive oil, or grease with butter. In a large glass mixing bowl, combine all of your dry ingredients. In separate bowl, mix together all wet ingredients, plus the bacon bits and diced jalapenos (if using). Combine the dry and wet together, mix well and put into loaf tin. Bake for 35 minutes (until golden and starting to pull away from the sides of tin).

Enjoy warm with lashings of butter...amazing!

PER SERVE - NO EXTRAS

Calories	Net Carbs	Protein	Fat	Dietary Fibre
430	4g	20g	34g	7g