

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Focaccia Style Bread

[lowcarbdiets.about.com]

### Ingredients:

- 2 cups flax seed meal
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1-2 Tablespoons sugar equivalent
- 5 beaten eggs
- 1/2 cup water
- 1/3 cup oil

### Directions:

- Preheat oven to 350 F. Prepare pan (a 10X15 pan with sides works best) with oiled parchment paper or a silicone mat.
- Mix dry ingredients well -- a whisk works well.
- Add wet to dry, and combine well. Make sure there aren't obvious strings of egg white hanging out in the batter.
- Let batter set for 2 to 3 minutes to thicken up some (leave it too long and it gets past the point where it's easy to spread.)
- Pour batter onto pan. Because it's going to tend to mound in the middle, you'll get a more even thickness if you spread it away from the center somewhat, in roughly a rectangle an inch or two from the sides of the pan (you can go all the way to the edge, but it will be thinner).
- Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning even more than flax already is.
- Cool and cut into whatever size slices you want. You don't need a sharp knife; I usually just cut it with a spatula.

Prep Time: 15 minutes; Cook Time: 20 minutes; Total Time: 35 minutes

Nutritional Information: Each of 12 servings has less than a gram of effective carbohydrate (.7 grams to be exact) plus 5 grams fiber, 6 grams protein, and 185 calories

Kristin's notes:

- Use \*golden\* flaxseed meal, makes much better flavor/texture.
- We tend to use it for french toast
- This is a bit more heavy than I like it to be (Need to experiment to see if I can modify to make it lighter)
- I actually replace the 1/2 cup of water with 1/2 cup of applesauce, think it gives a better texture
- I don't use the silicone mat. I do line my baking sheet with baking paper (lightly buttered)
- I use butter instead of oil.

Taken from: <http://lowcarbdiets.about.com/od/breads/r/flaxbasicfoc.htm>

I call this "focaccia" because it is baked in that style -- flat on a sheet pan, and then cut up into whatever sized pieces you want. It works for toast, sandwiches, and other bready uses. It is "rough" in texture like heavy whole grain breads. Since it isn't made with wheat, it doesn't have the same kind of grain as wheat breads, but the carb in flax is almost all fiber. Flax is very useful on a low carb diet, as well as being amazingly good for you.