

Low Carb, High Fiber, High Protein Flat Bread

Ingredients:

- 2 cups flax seed meal (regular or golden)
- 1 Tablespoon aluminum free baking powder
- 1 teaspoon salt or No Salt
- 1-2 Tablespoons sugar or equivalent of artificial sweetener
- 5 large eggs
- 1/2 cup water
- 1/3 cup olive oil

Preparation:

Preheat oven to 350 F. Prepare pan (a 10X15 pan with sides works best) with oiled parchment paper or wax paper covering the bottom of the pan. Grease the sides of the pan.

- 1) Mix dry ingredients well -- with a whisk spoon.
- 2) Mix wet ingredients in a separate bowl. Blend ingredients with a submersible blender, egg beater or whisk.
- 2) Add wet to dry, and combine well.
- 3) 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.)
- 4) 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).
- 5) Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning.
- 6) Cool and cut into whatever size slices you want. You don't need a sharp knife; I usually just cut it with a butter knife.

Variations:

You can increase the recipe by about 20-25% and make a loaf with the batter. When batter is ready, pour it into a 9.5 x 4.5 x 3 inch loaf baking pan. Be sure to grease the pan well. I recommend lining the bottom with either parchment paper or wax paper. Cook for about 25-30 minutes.

You can use this recipe to make a pizza by pouring the batter (I use golden flax meal for this batter) on a round pizza baking pan. I recommend pouring it immediately rather than letting it sit for several minutes first to make the spread wider and more even. I also recommend using parchment paper. After baking and cooling, lift the pizza off the pan using the parchment paper. Flip the pan over and sit it on top of the pizza pan and flip the whole thing back over so that the pizza is bottom side up relative to the way it was baked. This puts the slightly crusty top on the bottom. Add whatever ingredients, you want on your pizza and put it back in the oven to finish off the pie.