

Gluten Free Blueberry Flax Loaf

Ingredients:

- 2 cups flax seed meal (ground flax – golden flax preferred)
- 1 Tbsp baking powder
- 1 teaspoon salt
- ~2 Tbsps healthy sweetener (Sucanat or coconut sugar) I use stevia extract equivalent [1/32 tsp=1 T sugar] , honey or maple syrup
- 5 beaten eggs
- 1/2 cup water or apple sauce – if after stirring its too dry, add more. Must stir quickly after adding the wet ingredients as the flax soaks up the water.
- 1/3 cup coconut oil, melted (other healthy fats may be substituted)
- 1 cup + Frozen blueberries
- 1 tsp or so vanilla extract
- Lots of cinnamon!! (4 tbsp or so)

Method:

1. Preheat oven to 350 F. Grease 2 loaf pans (coconut oil works great!).
2. Mix dry ingredients well
3. Add wets to dries and combine well. If using eggs, make sure there aren't obvious strings of egg in the batter.
Fold in Blueberries – enough to satisfy your taste!
4. 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.)
5. Spoon batter into pan and spread out. Or put in mini muffin tins, or as dollops (then squish) on a cookie sheet for a cookie.
Option; Sprinkle top of loaves with 1 – 2 tsp of coconut sugar/sucanat
6. Bake for about 30 minutes, until it springs back when you touch the top and/or is visibly browned.
7. Cool and cut into whatever size slices.