

Almond–Flax–Pumpkin Seed Bread

Nutrient-dense, high-protein, low-carb loaf perfect for breakfast or snacks.

Ingredients

- 3.5 dl / 1.5 cups almond flour
- 3.5 dl / 1.5 cups flaxmeal
- 3.5 dl / 1.5 cups pumpkin seeds
- 3.5 dl / 1.5 cups egg whites (about 12 large eggs)
- 2 tsp baking powder
- 1 tsp salt

Instructions

1. Preheat oven to 175°C / 350°F.
2. Mix all ingredients together in a large bowl until combined.
3. Pour the mixture onto a lined sheet pan and shape into a loaf.
4. Bake for 45–50 minutes, or until firm and lightly golden on top.
5. Cool before slicing. Store in the fridge or freeze slices for later.

Nutrition Information

Servings	10	12
Calories	292 kcal	243 kcal
Protein	15.6 g	13.0 g
Fat	22.3 g	18.6 g
Carbohydrates	9.7 g	8.1 g
Fiber	6.0 g	5.0 g
Net Carbs	3.7 g	3.1 g
Magnesium	209 mg	174 mg
Iron	3.1 mg	2.6 mg
Zinc	2.6 mg	2.2 mg
Calcium	89 mg	74 mg
Potassium	446 mg	372 mg
Vitamin E	3.9 mg	3.3 mg

Folate	32 µg	27 µg
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