

LF GF Bishops Bread

my own recipe, 2018



LF and GF Bishop's Bread

FLOUR SUBSTITUTE:

- 1 cup almond flour
- 1/2 cup cassava flour
- 1/2 cup coconut flour

BREAD:

- 3/4 cup flour substitute (above)
 - 1 1/2 teaspoons baking powder
 - 1/2 teaspoon xanthan gum
 - 1/2 teaspoon salt
 - 2 large eggs
 - 1/4 cup sugar, scant
 - 1/4 cup Swerve, scant
 - 1 cup walnuts, chopped
 - 1/2 cup Maraschino cherries, halved, drained
 - 3/4 cup dark chocolate chips
- Yield: 1 loaf**

Per Serving (excluding unknown items): 147 Calories; 9g Fat (47.9% calories from fat); 4g Protein; 19g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 144mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 14

FLOUR SUBSTITUTES: Combine in a bowl the almond, cassava and coconut flours. Mix well so there are no lumps. Store unused flour at room temp.

1. Combine in a bowl the 3/4 cup of the substitute flour mix, baking powder, xanthan gum and salt. Use a whisk or your hands to mix this well. Set aside.
2. Preheat oven to 325°F. Prepare bread pan by placing a piece of cut-to-fit waxed paper in the bottom. Use an 8" bread pan if you have one.
3. Using a mixer, combine the eggs, Swerve and sugar. Mix well. Using Swerve won't give you the same consistency as you're used to with eggs/sugar. Just mix it well.
4. Add the maraschino cherries to the bowl of flour and toss so the wet cherries are coated in the flour mixture. Add walnuts and chocolate chips and mix thoroughly. Pour the egg mixture into the flour/fruit mixture and stir well to combine, making sure there are no lumps of flour.
5. Scrape into a bread pan, smooth top and bake for about 40-45 minutes. When the sides of the bread turn golden brown, the bread is done. Remove to cool on a rack for about 30-45 minutes, then invert and set back right side up to cool completely. Wrap in plastic wrap and store in the refrigerator. Use 1/4" or slightly thicker slices to serve. Using a serrated knife may be useful.