

Vegan Grain-Free Gluten-Free Walnut Bread



Source: Steven R. Gundry, M.D., *The Plant Paradox Cookbook*,
Better Vegan

Category: Vegan Baked Goods

Prep Time: 15 min Cook Time: 45 min Total Time: 60 min

Makes 1 loaf

Vegan | Gluten Free | Refined Sugar Free | Soy Free
Oil Free option available (see notes)

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Recipe Link:

<https://www.betterveganrecipes.com/vegan-gluten-free-walnut-bread>

Ingredients:

- 3 Tbsp. avocado or coconut oil, melted
- 1 1/2 cup almond flour
- 1/2 cup hazelnut flour
- 6 Tbsp. arrowroot starch
- 4 Tbs finely ground flax seeds
- 1 cup walnuts, finely chopped
- 2 Tbsp. tapioca starch/flour
- 1/2 tsp. pink Himalayan sea salt
- 3/4 tsp baking soda
- 6 tsp. egg replacer powder
- 8 Tbsp. warm filtered water
- 1 cup unsweetened full-fat coconut milk
- 1-2 Tbsp. maple syrup (see notes)
- 1 1/2 tsp. raw apple cider vinegar

Instructions:

1. Prepare the ingredients.
2. Preheat the oven to 350 degrees F. Line 8 1/2 x 4 1/2 loaf pan with parchment paper.
3. Whisk together the almond flour, hazelnut flour, arrowroot starch, flax seeds, walnuts, tapioca starch, salt and baking soda in a large bowl.
4. In a smaller bowl, place egg replacer powder, add warm water and whisk together until well combined. Then add oil, coconut milk, maple syrup, vinegar, and mix well.
5. Add the wet ingredients to the dry all at once and stir until combined, being careful not to over-mix (too much mixing makes the bread tough).
6. Immediately pour the batter into the prepared pan and bake until a toothpick inserted into the center comes out clean, about 65-75 minutes.

7. Cool completely on a wire rack before slicing and serving.

Notes:

Store wrapped in the fridge for up to 5 days or freeze.

If you prefer a bread with a lighter texture, you can skip the hazelnut flour and substitute 2 cups (total) of almond flour.

For an oil free version, substitute oil with vegetable stock or water.

If you like more savory than sweet bread, use 1 Tbsp. of maple syrup or a few drops of stevia instead. Adjust to your own taste.

If using a 9x5 or wider baking pan, reduce baking time by 5-10 minutes.

Equipment needed:

Non-stick loaf pan

Serving suggestion:

Serve with your favorite dip or spread, vegan cheese, jams, nut butters, as an avocado toast, etc.