

HOW TO MAKE MY GLUTEN-FREE PROTEIN BREAD

MY GO-TO RECIPE FOR NOURISHING, HIGH-PROTEIN BUNS

This bread is perfect for those who want to enjoy something delicious **without the gluten, additives, or blood sugar crash**. High in protein and fiber, it's become one of my favorite go-to recipes for a quick, satisfying, and health-boosting option. Plus, it's super easy to make in just one bowl!

Ingredients:



- 250 g cottage cheese (1 cup)
- 4 eggs
- 5 dl organic, glyphosate-free oats (2 cups)
- 1 tsp baking powder
- ½ tsp salt
- Fresh basil (chopped)

Optional: Other herbs or nuts of your choice
Optional topping: Sesame seeds, poppy seeds, or other seeds

Step-by-Step Instructions:

1. Preheat your oven to 200°C (390°F fan).

2. Add all ingredients (except toppings) to a large mixing bowl.

3. Chop and add fresh basil or herbs of your choice.

4. Mix everything thoroughly until well combined**.**

5. Scoop out 6 equal portions onto a baking tray lined with parchment paper.

6. Top with seeds of your choice.

7. Bake for 20–25 minutes, or until golden and firm to the touch.

8. Cool slightly before serving or enjoy warm straight from the oven!



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