

Cheesy Skillet Bread



Serves 10

Ingredients:

- 1 tablespoon butter for the skillet
- 2 cups almond flour
- $\frac{1}{2}$ cup flax seed meal
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 - $\frac{1}{2}$ cups shredded Cheddar cheese, divided
- 3 large eggs, lightly beaten
- $\frac{1}{2}$ cup butter, melted
- $\frac{3}{4}$ cup unsweetened almond milk

Adapted from AllDayIDreamAboutFood.com

Instructions:

1. Pre-heat oven to 425°F. Add 1 tablespoon butter to a 10-inch oven-proof skillet and place in oven.
2. In a large bowl, whisk together almond flour, flax seed meal, baking powder, salt and 1 cup of the shredded cheddar cheese.
3. Stir in the eggs, melted butter, and almond milk until thoroughly combined.
4. Remove hot skillet from oven, and swirl butter to coat sides.
5. Pour batter into pan and smooth the top. Sprinkle with remaining $\frac{1}{2}$ cup cheddar.
6. Bake 15 to 20 minutes, or until browned around the edges and set through the middle. Cheese on top should be nicely browned.
7. Remove and let cool 15 minutes.

Nutrition per serving: Calories 345; Total Fat 31.5 g; Saturated Fat 11.4 g; Monounsaturated Fat 12.4 g; Polyunsaturated Fat 5.2 g; Total Carbohydrates 6.8 g; Dietary Fiber 4.0 g; Sugar Alcohols: 0.1 g; Sugars 1.3 g; Protein 11.9 g; Sodium 443 mg