

Low-Carb Bread



Makes 18 (1/2-inch) slices

Ingredients:

- 1 (16 ounce) jar natural peanut butter (no sugar added)
- 6 eggs
- 1 teaspoon baking soda
- 2 tablespoons vinegar
- 1/2 teaspoon salt
- 1/3 cup granulated erythritol, such as Swerve (optional)

Instructions:

1. Pre-heat oven to 350°F.
2. Place all ingredients in a large bowl, and stir to combine.
3. Pour batter in a greased loaf pan, and bake for 35 to 40 minutes.
4. Store bread overnight in the refrigerator before slicing and serving. The bread is moister and more flavorful after being chilled.

Nutrition per slice: Calories 175.0; Total Fat 14.3 g; Saturated Fat 2.5 g; Monounsaturated Fat 7.3 g; Polyunsaturated Fat 2.7 g; Total Carbohydrates 10.0 g; Dietary Fiber 2.1 g; Sugar Alcohols 4.5 g; Sugars 1.4 g; Protein 8.2 g; Sodium 158 mg

