

GOLDEN GUT

Detoxifying Black & Gold Bread

Don't be fooled by the colour because this bread truly is the bomb.....a health bomb that is! There's so much goodness going on in each slice it's hard to know where to start, but here goes! The coconut flour is full of lauric acid possessing antiviral, anti-fungal and antimicrobial effect within the body. Buckwheat (is not a wheat at all) is a good source of fibre and has an anti-inflammatory effect on the digestive system for improved digestion. Flaxseeds are a good source of omega-3 essential fatty acids which is great for heart health. Activated Coconut Charcoal can draw out unwanted toxins from your body as it passes through your digestive tract, relieves digestive issues such as gas and bloating plus some studies have shown it to have anti-aging effects at a cellular level. Lastly our Golden Gut.....well you know all about that, don't you! Enjoy!!

Ingredients

- ½ cup of coconut flour
- ½ cup of buckwheat flour
- 2 tsp of Golden Gut Turmeric Spice Blend (GGTSB)
- 2 tsp of Activated Coconut Charcoal
- 1tsp of aluminum-free baking powder (available at your local bulk/health food store)
- 3 organic free-range eggs
- 3 flaxseed meal eggs (see below)
- ½ cup organic coconut milk (extract creamy part from the water - discard the water)
- 2 ½ tbsp melted cold pressed unrefined coconut oil
- ½ tsp of Pink Himalayan salt

Utensils

- 2 mixing bowls
- Spatula
- Wooden spoons
- Assorted measuring utensils
- Baking paper
- Loaf tin



Method

1. Preheat your oven to 175 degrees celcius (fan forced). Line a loaf tin (including the sides) with baking paper.
2. In one bowl combine coconut flour, buckwheat flour, baking powder and Pink Himalayan salt and mix together well. This is your dry mix.
3. In a second bowl combine the eggs, flaxseed eggs, coconut milk and coconut oil and mix together well. This is your wet mix.
4. Now pour your wet mix into your dry mix and mix until all ingredients have combined and created a wet dough.
5. Separate the dough into equal amounts into two bowls.
6. In one bowl fold the Activated Coconut Charcoal into the dough until the dough turns black. In the other bowl, fold GGTSB into the dough until the dough turns golden. Then transfer the golden dough into the bowl with the black dough and mix together so that the two dough combine but don't blend completely (you should still be able to see a distinct separation in the two colours).
7. Then transfer the combined dough to the lined loaf tin and press gently and evenly into the shape of the tin.
8. Bake for 25-30 minutes or until the loaf rises and is firm to the touch in the centre of the tin (should have a slight spring-back).
9. Once baked, remove the bread from the loaf tin and allow to cool on a wire cooling rack. Once cool, slice and serve with your favourite toppings such as golden turmeric syrup (recipe to be posted soon) or smashed avocado and nutritional yeast are our pick, but basically anything you like!