



# Dr. Katie DeGroot

## Naturopathic Doctor

---

#304–383 Oliver Street, Williams Lake, V2G 1M4    Contact me at (250) 305 9188 or [dr.katie.degroot@gmail.com](mailto:dr.katie.degroot@gmail.com)  
#228–475 Birch Avenue, 100 Mile House, V0K 2E0    Book online by going to [drkatedegroot.janeapp.com](http://drkatedegroot.janeapp.com)

### Flax Loaf

#### **Dry ingredients**

- 2 cups ground flax seeds
- 1 tsp salt
- 1 tbsp baking powder
- Your choice dry spice, 1 tsp to 3 tsp (cumin, paprika, oregano, dill, etc.)

#### **Wet ingredients**

- 1/3 cup oil (sunflower or olive oil works well)
- 1/2 cup water
- 5 eggs, beaten well

#### **Cooking instructions**

1. Mix dry ingredients thoroughly
2. Blend wet ingredients together in a blender or with a hand mixer
3. Add dry ingredients to wet ingredients, blend well and let sit at room temperature for 2 1/2 hours
4. Pour batter onto a greased, lined or non-stick cookie sheet and bake at 350 F for ~20 minutes. Bread will flatten out to ~1 – 2 inches thick, and will be firm on the top and in the middle when fully cooked
5. Let cool, slice and enjoy

Recipe adapted from <https://divaliciousrecipes.com/flaxseed-bread-loaf/> and <https://www.lowcarbspark.com/keto-flaxseed-bread/>