

Bread that loves you back.



# Baking Planet Princess Bread is Easy!

You will need 5 large eggs, warm water, a mixer, and an 8" x 4" bread pan.

For Vegan baking, you will need ¼ cup vegan protein powder (protein isolate) and ½ Tbsp. olive oil.

## PLANET PRINCESS

# Nutrition Facts

20 servings per container

Serving size **1 TBSP Mix (makes 1 Slice) (15g)**

	Dry Mix		As Prepared	
		<b>70</b>		<b>90</b>
	% Daily Value*		% Daily Value*	
<b>Calories</b>				
<b>Total Fat</b>	4.5g	6%	6g	8%
Saturated Fat	0.5g	3%	1g	5%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	50mg	17%
<b>Sodium</b>	115mg	5%	135mg	6%
<b>Total Carbohydrate</b>	5g	2%	5g	2%
Dietary Fiber	4g	14%	4g	14%
Total Sugars	1g		1g	
Includes Added Sugars	0g	0%	0g	0%
<b>Protein</b>	3g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	33mg	2%	41mg	4%
Iron	1mg	6%	1mg	6%
Potassium	78mg	2%	97mg	2%
Thiamin	0.2mg	15%	0.2mg	15%
Riboflavin	0.1mg	8%	0.1mg	8%
Niacin	1mg	6%	1mg	6%
Folate	29mcg DFE	8%	35mcg DFE	8%
Magnesium	17mg	4%	19mg	4%
Copper	0.1mg	10%	0.1mg	10%
Manganese	0.1mg	4%	0.1mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Preheat oven to 350 degrees.
- Lightly coat a 4" by 8" bread pan with oil.
- NOTE: A larger pan will yield smaller slices.

1. In a glass or metal bowl, beat 5 large/extra large eggs and ¼ tsp. salt (optional) on high for 3 minutes. **VEGAN:** Beat ¼ cup vegan protein powder (protein isolate), ½ Tbsp. olive oil, ¼ tsp. salt (optional), and ½ cup water on high for about a minute. Then proceed with Step 2.
2. Pour dry ingredients into the eggs. Mix on medium for about 1 minute, scraping the sides of the bowl as needed.
3. Add 1¼ cups of very warm (just under hot) water. Mix on medium for about 30 seconds or more until dough is uniformly moist and sticky.
4. Using a spatula, press the dough into the pan. Wet the spatula and smooth the top into a rounded shape.
5. Bake at 350 degrees for 55–60 minutes. The top should be nicely rounded and have a dark, firm crust.
6. Remove pan from oven and let it settle for a minute. Dump loaf out onto a cooling rack. Turn it on its side to cool. Allow loaf to cool completely before slicing.
7. Store **REFRIGERATED**. **Consume or FREEZE** within 7 days of baking. Enjoy!

**INGREDIENTS:** Almond Flour, Organic Flax Meal, Organic Coconut Flour, Psyllium Seed, Caraway Seeds, Baking Soda, Yeast, Organic Inulin.

[www.planetprincessfoods.com](http://www.planetprincessfoods.com)

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~Team Planet Princess

