



Teff 2-Minute Bread

(Pull-Apart Bread)

By: Low Tox Life

Ingredients:

- 1/4 cup Teff flour
- 1.5 tablespoons water
- 2tbsp coconut oil or butter
- 1/2 -1 tsp dried herb mix of your preference
- 1 egg (organic pasture raised from healthy, happy chooks!)
- 2 pinches salt
- 1 heaped tsp baking powder
- 1 tsp apple cider vinegar (optional. makes it more fluffy by interacting with the baking powder)
- + 1 tbsp coconut oil or butter for frying

Instructions:

Preheat a pan with 1 tbsp coconut oil or butter on med / high

Beat it all together with a fork until it's a thick slop.

Let it stand for a minute

Put the 'bread batter' in the pan and fry on one side until it rises a bit, and after 2-3 minutes, flip and repeat on the other side.

Take off the pan. Cut into wedges. Top with stuff or dip into soups. If it's just you, you can keep uneaten wedges and toast them the next day to 'revive' them and top with spread, poached egg or butter.

Sweet variation:

Use this mix with 2 tbsp coconut milk added to the mix, and replacing the dried herbs with 1 tbsp rice malt syrup, honey or maple syrup to create delicious, thick hot cakes.

