

Pink paleo beet bread with cottage cheese & dill

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Lola Berry has a thing for making paleo loaves and this one is really special to her.

The beetroot not only gives it a lovely pink colour but also means it's packed full of vitamin B3, which helps with memory and concentration as well as keeping our energy levels stable and stress and anxiety at bay. Try it with avo and eggs first thing in the morning – delishimo!

Ingredients

- 2 cups grated beetroot (about 2–3 beetroot)
- 4 eggs
- 3 tbsp macadamia oil
- 3 cups almond meal
- Pinch of salt flakes
- 2 tsp gluten-free baking powder
- 3 tbsp sunflower seeds
- Cottage cheese and dill fronds, to serve (but note that cottage cheese isn't paleo!)

Method

Preheat the oven to 160°C and line a loaf tin with baking paper. Place the grated beetroot, eggs and

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macadamia oil in a large bowl and mix everything together well (it should look like a gluggy mess). Add the almond meal, salt and baking powder and give it another good mix, breaking up any lumps.

Spoon the mixture into the prepared tin and sprinkle over the sunflower seeds. Bake for 1 hour, or until a skewer inserted into the centre of the bread comes out clean.

Once cooked, allow the loaf to cool completely before removing from the tin, then slice and serve spread with cottage cheese and a sprinkling of dill for a delicious, brightly coloured breakfast or snack!

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