

ALMOND FLOUR HERB FLATBREAD

INGREDIENTS

ITEM	QUANTITY
• Almond Flour	1 Cup
• Eggs	2
• Olive Oil	1 Tbsp.
• Rosemary	1 Tsp.
• Salt	½ Tsp.

SERVING SIZE **1 SLICE**

PREPARATION

- Preheat oven to 375°F and line a baking sheet with parchment paper.
- Whisk eggs and olive oil together in a bowl until smooth.
- Stir in almond flour, rosemary, and salt until a thick batter forms.
- Spread evenly into a thin oval or rectangle on the baking sheet.
- Bake for 12–15 minutes until lightly golden and set in the center.
- Let cool slightly before slicing into four pieces.

© BioIntelligent Wellness. All rights reserved. Unauthorized reproduction or distribution is prohibited.