**No Flour Nut Bread**

2 ½ C. blanched ground almonds (almond meal or almond flour )

¼ - 1/3 C. melted butter

1 C. dry curd cottage cheese

1 teaspoon baking soda

¼ teaspoon salt

3 eggs

Preheat oven to 350 degrees. Place eggs, melted butter, dry curd cottage cheese, baking soda, and salt in food processor using metal blade. Process until the mixture is thick and resembles butter in texture.

Add almond flour and process until mixed thoroughly. If the stiffness of the mixture stops the processor, remove the dough with hands and knead by hand until almond flour is thoroughly mixed into other ingredients.

Grease a loaf pan (about a 4” x 8”) generously with butter and coat bottom with ground almond flour.

Using wet hands, shape dough into a loaf shape and press into greased pan.

Bake at 350 degree oven for about 1 hour until lightly browned on top. There will be a crack in the top of the loaf. Check by inserting a metal kitchen knife; it will come out clean when bread is done. Remove from oven and run a metal spatula around the sides of the pan pressing gently against the loaf to loosen it at the corners and bottom of pan. Remove bread by inverting the pan onto a cake rack. Allow to cool thoroughly before you cut it, Do not cut it while it is piping hot. It needs to firm up its texture.

Variation:

1. Add 1 tablespoon caraway seeds for a rye flavor.

**Cheese Cake**

The cheese cake filling may be made without a crust. But for special occasions when you want a crust, line the bottom of a small pan with the Almond honey crisp recipe, keeping it as thin as possible. Bake crust and cool thoroughly.

Filling:

3 eggs

1/3 C. honey

½ C. homemade yogurt

2 C. uncreamed cottage cheese

2 teaspoons vanilla extract – optional

1-2 teaspoons grated lemon rind – optional

Place all ingredients in blender or food processor (metal blade) putting eggs in first so that blender blades will turn freely.

Blend until smooth, stopping if necessary every 15 seconds to push ingredients down, Scrape the sides of the container at the same time with a spatula.

Pour into loaf or pie pan with or without Crust.

If desired, place drained, unsweetend canned pinnapple slices on top of filling.

Bake in oven at 350 degrees for about 30 minutes or until edges are brown.

Cool and refrigerate.

**Almond Honey Crisp**

This recipe may also be used to make pie crust or apple crisp topping.

1 C. whole almonds

¼ C. butter

1/8 to ¼ C. stevia powder

2 teaspoons vanilla – optional

Process nuts in a blender for only a few seconds until nuts are coarsely chopped. Do not overchop or you will get a flour-like texture which is not suitable for this recipe.

Place chopped almonds in a bowl and set aside.

Put butter, honey, and vanilla in blender, pushing ingredients down to bottom of container before turning blender on.

Transfer mixture to bowl containing chopped nuts and blend thoroughly with a spatula.

Spread in a shallow cake pan and bake at 375 degrees until golden brown.

Cut into squares while still warm.

*Double-Chocolate Brownies*

½ cup packed soft, pitted dates

Warm water

1/3 cup non-hydrogenated vegetable shortening or virgin-pressed coconut oil

3 ounces unsweetened chocolate coarsely chopped

1 teaspoon instant coffee flakes or espresso powder, optional

1/3 cup honey or agave nectar

1/3 cup sweet brown rice four

2 tablespoons arrowroot starch or potato starch

1/3 cup unsweetened cocoa powder

½ teaspoon baking powder

½ teaspoon xanthan gum

¼ teaspoon sea salt

2 eggs (optional)

2 teaspoons pure vanilla extract

1. Place dates in a bowl. Add warm water to cover dates by an inch. Let soak for 2 hours. Drain dates and set aside.
2. Preheat oven to 350 degrees. Generously grease and 8-inch spring form pan, an 8-inch square pan or a 9-inch round pan. Line with oiled parchment paper, if desired.
3. Combine vegetables shortening or coconut oil, chocolate and optional coffee flakes in a small saucepan over very low heat. Stir occasionally with a whisk until smooth. When almost melted, add honey or agave. Stir and remove from heat. Set aside to cool.
4. In a medium bowl, whisk together flour, arrowroot, cocoa powder, baking powder, xanthan gum and salt until well combined.
5. Combine dates, eggs and vanilla in a blender or food processor until smooth and creamy. Add melted chocolate mixture and blend.
6. Add dry ingredients. Mix until well combined. Do not over-mix. Batter will be stiffer than conventional brownie batter. Scrape batter into prepared pan. Smooth top with a damp spatula.
7. Bake in a preheated oven on center rack until edges begin to pull away from the pan and a toothpick inserted into center comes out clean, about 20 to 24 minutes. Do not over-bake. The center may seem unset but will firm up as it cools. Place pan on rack to cool.
8. When cool, run a knife around pan edges. Invert brownies and turn onto a cutting board, cut into 16 squares. Store covered up for a week.