

# Lippy loaf, by Elise

## BE BLOWN AWAY WITH THIS BREAD!

After the Lipedema diagnosis, **I had to give up bread** (goodbye, gluten!)

But then I tried this recipe & it's a *game changer!*

Now, I make it every week, freeze it, and toast it for the perfect **crispy bite**.

**No inflammation, just pure satisfaction.**

I hope you love ❤️ it as much as I do!



### INGREDIENTS

- 500g / 17 oz mozzarella (buffalo milk)
- 3 eggs
- 300g / 2 cups almond flour
- 10g / 1 tsp baking powder
- 19g / 1 tsp salt
- 50g / 1 tbsp flaxseeds
- 50g / 1 tbsp sunflower seeds
- 50g / 1 tbsp pumpkin seeds
- 10g / 1 tsp flaxseeds (for decoration)

### IT'S BAKE TIME!

- Prep time: 6 minutes
- Bake time: 60 minutes (this may vary depending on your oven)



### DIET COMPATIBILITY

- ✓ Keto
- ✓ Low-carb
- ✓ RAD



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## PREPARATION

1. **Preheat** your oven to **180°C / 355°F**.
2. **Drain** the mozzarella for about 15 minutes, removing all the liquid. Blend the cheese until smooth.
3. **Mix** the cheese, eggs, salt, baking powder, almond flour, and seeds in a bowl.
4. **Pour** the mixture into a rectangular (20 cm / 8 in) pan. You can also use a round or oval pan—personally, I love ❤️ using an oval one. It's curvy, like you and me.
5. **Line** the pan with parchment paper. This bread is on the moist side and might break apart if you skip this step.
6. **Bake** in the preheated oven for 60 minutes.
7. Always test by inserting a knife or toothpick. When it comes out clean, it's **ready to blow your mind** with how good it is!



## TIP

**Lipedema patients should avoid lactose & lactose-free dairy products**



## INGREDIENTS SUBSTITUTION

- **Cheese:** If buffalo mozzarella isn't available, use soft goat or sheep cheese. Make sure it doesn't contain cow's milk.
- **Almond flour:** If you have a good food processor, you can make your own almond flour by grinding whole almonds. Want to try other nuts? *Go for it!* Just remember that some (like peanuts or walnuts) have stronger flavors, which might slightly change the taste—but it will still be delicious!
- **Seeds:** These are my favorites ones, but feel free to swap them out for other: chopped nuts, olives, or sun-dried tomatoes. Be creative, it'll work beautifully!



*Enjoy every slice!*  
*Love,*  
*Elise*

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