



Pan Bread

Recipe makes:

1 loaf; 18 slices

Preparation time:

10-15 minutes

Baking time:

70-85 minutes

Nutritional Information

1 Slice

Energy	86kcal
Carbohydrates of which sugars	1.6g 0.5g
Protein	3.9g
Fat	7.1g

Ingredients:

- 112g ground almonds
- 28g coconut flour
- 2tsp baking powder
- ¼ tsp salt
- 75g butter, melted
- 12 large egg whites
- A pinch of salt

Method:

1. Preheat oven to 160°C/ fan 140°C/ gas mark 3.
2. In a large bowl, combine flour, ground almond, baking powder, and salt. Add the melted butter and mix well.
3. In a separate large bowl, beat the egg whites with a pinch of salt until stiff peaks form.
4. Add half of the stiff egg whites to the dry ingredient mixture and fold with a large metal spoon.
5. Add the remainder of egg whites and fold in. Do not stir or whisk as the air bubbles will burst.
6. Pour the batter into the lined loaf tin. Smooth the top with a spoon.
7. Bake in the middle of the oven for 40 minutes until top is golden brown.
8. Remove the tin from the oven and cover with aluminium foil.
9. Return the tin to the oven and bake the loaf for further 30-45 minutes until the top is firm.
10. Remove from the oven and let cool completely on a wire rack before slicing.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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