

PHOTOGRAPHY BY
STEVEN MECKLER

To your health!

3 local chefs create nutritious recipes exclusively for *Tucson Home* readers

Almond Meal Bread

gluten and yeast free

- 2 cups almond meal
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1¼ teaspoons nutmeg
- 1 teaspoon cinnamon
- 1½ ounces raisins (individual box size)
- 1 teaspoon organic vanilla
- 1 small carrot, shredded
- ½ cup plus 2 tablespoons water
- 4 eggs
- 2 tablespoons of melted ghee (organic clarified butter)

Preheat the oven to 350°. Mix together dry ingredients. Place raisins in food processor and pulse into a paste, adding the vanilla, carrots, and water—pulsing for a moment. Next add the mixed dry ingredients and gently pulse. Let stand 45–60 minutes, then add in the eggs and ghee. Blend all your ingredients by lightly pulsing in the processor. Place final mixture in a well-greased Bundt or loaf pan and bake approximately 40 minutes. Allow time for cooling so the bread is well formed and can be easily removed from the pan. I like to garnish the serving plate with fresh carrot ribbons, cinnamon sticks, raisins, and whole almonds. Serve with honey-sweetened ghee or any nut butters you like.

**RENEE KREAGER OF
ECLECTIC PIZZA**
eclecticpizza.com