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# Healthy bread with coconut fibres

## Ingrediënten

- 4 egg yolks
- 3 egg white
- 75 g Amanprana coconut oil (melted)
- 2 tbsp agave syrop or honey
- optionial ½ tsp Fleur de sel
- 100 g raisins
- 200 g Amanprana wheat germs
- 200 g multi cereal flour
- 100 g Amanprana coconut flour
- 11 g dried yeast
- 250 g soft curd cheese

## Extra info

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### Recept geschikt voor:

8 personen

### Moeilijkheid:

### Vorbereidingstijd:

minuten

### Bereidingstijd:

40 minuten

### Totale bereiding:

40 minuten

## Gebruikte producten

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De **Amanprana producten** die gebruikt zijn bij het maken van healthy bread with coconut fibres

## Bereiding

Blend together all the dry ingredients, make a well in the flour mixture and add the egg yolks and egg white, the soft curd cheese, raisins, agave syrup and melted coconut oil. Mix well until there are no lumps into the batter. Mix to form a soft dough and knead for a few minutes until smooth and elastic. Return to a clean bowl, cover with a damp dish towel and leave to rise. Then return the dough in a greased tin. Leave to rise again. Bake for approximately 40 min. in the oven at 190°C Make sure the bread is well done. Leave to cool slightly, then place a rack over the tin, turnover and allow to cool down.

## Speciale wensen

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- Vegan