



This site is a research based educational vehicle to help those who want adjuvant therapies to traditional Cancer treatments or information about other options that are available as first line treatments that might not be offered or mentioned by their Oncologist.

## NEW TO THE SITE?

[Click Here to get started.](/index.php/my-blog/41-click-to-get-started) (/index.php/my-blog/41-click-to-get-started)

## NEWEST BLOG POST

[The conclusion of Johns Hopkins study: 2/3's of Cancer is caused by "Bad Luck"](/index.php/my-blog/79-two-thirds-of-cancer-is-caused-by-bad-luck) (/index.php/my-blog/79-two-thirds-of-cancer-is-caused-by-bad-luck)

[What is Metabolic Syndrome](/index.php/my-blog/64-what-is-metabolic-syndrome) (/index.php/my-blog/64-what-is-metabolic-syndrome)

[Some People Make Things Happen, Some Watch Things Happen, While Others Wonder What Has Happened](/index.php/my-blog/39-some-people-make-things-happen-some-watch-things-happen-while-others-wonder-what-has-happened) (/index.php/my-blog/39-some-people-make-things-happen-some-watch-things-happen-while-others-wonder-what-has-happened)

19 May  
2014

# FAT BREAD

Written by Sara Karan. Posted in [Recipes](/index.php/recipes) (/index.php/recipes)

Fat Bread: (Parve) - The Staff of Life

*It took me a while to find a good replacement for Bread. This will make a great sandwich bread, it is very versatile. On Shabbat I almost feel I could say HaMotzi on it instead of Sh'hakol. It slices thinly without crumbling and can be used to make french toast, grilled cheese and croutons. The dough can be put into a [doughnut pan](http://www.amazon.com/Wilton-Nonstick-6-Cavity-Donut-Pan/dp/B004CYELOQ/ref=sr_1_1?ie=UTF8&qid=1402251511&sr=8-1&keywords=bagel+pan) ([http://www.amazon.com/Wilton-Nonstick-6-Cavity-Donut-Pan/dp/B004CYELOQ/ref=sr\\_1\\_1?ie=UTF8&qid=1402251511&sr=8-1&keywords=bagel+pan](http://www.amazon.com/Wilton-Nonstick-6-Cavity-Donut-Pan/dp/B004CYELOQ/ref=sr_1_1?ie=UTF8&qid=1402251511&sr=8-1&keywords=bagel+pan)) to change the shape from a loaf to bagels(this recipe makes 12 "bagels" so 2 pans are a good idea). I also found a [pan for small Challah shaped rolls](http://www.amazon.com/gp/product/B00H9MUZ7U/ref=oh_details_o07_s00_i00?ie=UTF8&psc=1) ([http://www.amazon.com/gp/product/B00H9MUZ7U/ref=oh\\_details\\_o07\\_s00\\_i00?ie=UTF8&psc=1](http://www.amazon.com/gp/product/B00H9MUZ7U/ref=oh_details_o07_s00_i00?ie=UTF8&psc=1)) that are perfect!*

Note: Coconut butter isn't coconut oil, (think about the difference between peanut butter and peanut oil).

Total time from start to finish 45 minutes

Prep: 10 minutes

Baking 35 minutes

Ingredients:

*(I find it easier to prepare all the ingredients in advance. The measuring takes some time and it makes a nicer dough if you can add things quickly and smoothly.)*

Spectrum Organic Shortening ([http://www.amazon.com/Spectrum-Organic-Shortening---24/dp/B004WOMWWE/ref=sr\\_1\\_1?ie=UTF8&qid=1402250615&sr=8-1&keywords=spectrum+organic+shortening](http://www.amazon.com/Spectrum-Organic-Shortening---24/dp/B004WOMWWE/ref=sr_1_1?ie=UTF8&qid=1402250615&sr=8-1&keywords=spectrum+organic+shortening)).

(for greasing the loaf pan)

5 large eggs (50g each)

1 cup (150g) raw whole Macadamia Nuts ([http://www.amazon.com/Sincerely-Nuts-Macadamia-Raw-LB/dp/B0013YMFRO/ref=sr\\_1\\_1?ie=UTF8&qid=1404070245&sr=8-1&keywords=raw+whole+macadamia+nuts+5lbs](http://www.amazon.com/Sincerely-Nuts-Macadamia-Raw-LB/dp/B0013YMFRO/ref=sr_1_1?ie=UTF8&qid=1404070245&sr=8-1&keywords=raw+whole+macadamia+nuts+5lbs)), made into butter per the instructions. (Note: Locally these would cost me almost \$20 lb. That's why I buy them on line for almost half the cost.)

1 cup (220g) Coconut butter ([http://www.amazon.com/Artisana-100%25-Organic-Coconut-Butter/dp/B000WV153I/ref=sr\\_1\\_1?ie=UTF8&qid=1402250810&sr=8-1&keywords=Coconut+butter](http://www.amazon.com/Artisana-100%25-Organic-Coconut-Butter/dp/B000WV153I/ref=sr_1_1?ie=UTF8&qid=1402250810&sr=8-1&keywords=Coconut+butter)), (nuke the jar 20 seconds to get a smooth butter and make it easy to measure)

1/2 teaspoon sea salt ([http://www.amazon.com/Redmond-Trading-RealSalt-Natures-First/dp/B005P0UQS6/ref=sr\\_1\\_2?ie=UTF8&qid=1402251068&sr=8-2&keywords=real+salt+fine](http://www.amazon.com/Redmond-Trading-RealSalt-Natures-First/dp/B005P0UQS6/ref=sr_1_2?ie=UTF8&qid=1402251068&sr=8-2&keywords=real+salt+fine)) (3g)

2 tablespoons lemon juice (30ml)

1 rounded teaspoon baking soda (6g)

1-8 1/2" x 4" loaf pan

Instructions:

*(If a loaf is cut into 22 slices, each slice contains 1g of Carbs per slice.)*

Place the Macadamia nuts into a typical large food processor and process on high to achieve a part butter, part chunky nut meal.

While still running the processor, drop one egg down the chute and wait for the sound to stabilize to a smooth sound (about 20-30 seconds). Then do the same with the second egg. Once the processor is running smoothly again add the remaining 3 eggs down the chute till you have a very smooth batter.

Turn off the processor and take a spatula and scrape the walls and bottom edges of the processor bowl to make sure that no large chunks are stuck and it is well mixed. Add the coconut butter, and sea salt. Turn it on again and let the added ingredients incorporate. When it's well mixed (about 1/2 a minute), pour the lemon juice down the chute and then the baking soda. Mix for a few more seconds.

Place the batter in a greased standard 8 1/2" bread pan. Bake at 350' for 35 minutes. (Shorten the baking time when using the doughnut or mini challah pan.) When it's cool enough to handle, remove it from the bread pan and let it completely cool on a cake rack.



Total weight of batter before baking 630g after baking 547g.

Or

Place 52g of batter in each hole of the doughnut pan (6 doughnuts per pan) at the end of baking you will have a 46g bagels. This recipe made 12 bagels.

The Challah sticks (or Hot dog buns which ever way you want to use them) are 50g each (after baking). This makes 11 sticks.

#### Nutritional Facts for 1 slice

Serving size 21g (one slice from a loaf cut into 22 slices)

Amount Per serving:

Calories 131    Calories from fat 113

Total Fat    12.5g

Saturated Fat 6.8g

Cholesterol    42mg

Sodium        103mg

Potassium     42mg

Total Carbohydrates 3.4g

Dietary Fiber        2.4g

Sugars                1.0g

Protein            2.6g

#### Nutritional Facts: for 1 loaf

Total 547g

Amount Per Serving 2,819

Calories form Fat    2,426

Total Fat            269.6g

Saturated Fat        144.5g

Trans Fat            0.0g

Cholesterol         930mg

Sodium               3168mg

Potassium           925mg

Total Carbohydrates    73.1g

Dietary Fiber	50.4g
Net Carbs	22.7g
Sugars	21.8g
Protein	56.0g

## COMMENTS [\(/INDEX.PHP/COMPONENT/JCOMMENTS/FEED/COM\\_CONTENT/33\)](/INDEX.PHP/COMPONENT/JCOMMENTS/FEED/COM_CONTENT/33)

#1 (</index.php/the-diet/recipes/fat-bread#comment-102>) **Diane** 2015-08-16 14:41 **0**  
 Since the Macadamia nuts are going to be ground up, is there any reason why I can't use Macadamia pieces versus whole?

None what so ever

Quote

Refresh comments list

RSS feed for comments to this post ([/index.php/component/jcomments/feed/com\\_content/33](/index.php/component/jcomments/feed/com_content/33))

## ADD COMMENT

Name (required)

E-mail (required, but will not display)



1500 symbols left

Notify me of follow-up comments



Refresh

**SEND**

JComments (<http://www.joomlatune.com>)



[Contact Me \(mailto:info@kosherketogenic.com\)](mailto:info@kosherketogenic.com) | [Legal Disclaimer \(/index.php/legal-disclaimer/\)](/index.php/legal-disclaimer/)

- Copyright © 2014 [KosherKetogenic.com \(http://www.kosherketogenic.com\)](http://www.kosherketogenic.com)