



AIP Sandwich Bread Recipe



8 rounds



20 minutes

DIRECTIONS

1. Start by preheating the oven to 400 degrees
2. Peel the plantains, place them into a blender, and blend on high until the mixture comes out smooth. If the plantains are not ripe enough, you may need to add 1-2 tablespoons of water to get them blended and smooth.
3. In a small bowl, mix the coconut flour, cassava flour, baking soda, and salt together until well incorporated.
4. Place plantain mixture in a large mixing bowl and then add in half the flour mixture and stir until combined. Add the second half of the mixture and stir again.
5. When the oven is ready add in the apple cider vinegar to the dough. The dough will be a thick batter. Separate the dough into 4 pieces. For each quarter, split that into 2 balls, you will have 8 pieces total.
6. Scoop the batter onto a cookie sheet and flatten with a spatula. Spread to the size and thickness that you want as they do not spread or rise much during baking.
7. Sprinkle with pepper and bake in the oven for 10-12 minutes, or until the edges of the bread begin to turn golden brown.
8. Serve right away or store in the refrigerator or freezer for later.

INGREDIENTS

- 2 Large Yellow Plantains
- $\frac{1}{4}$ Cup Coconut Flour
- $\frac{1}{4}$ Cup Cassava Flour
- $\frac{1}{2}$ Teaspoon Baking Soda
- $\frac{1}{4}$ Teaspoon Salt
- 2 Teaspoons Apple Cider Vinegar

Notes:

You can use green plantains, but green plantains will change the flavor and texture of the bread. If you use them, you will likely need to add a couple tablespoons of liquid, water or oil, when you blend them until the mixture becomes smooth.

Since a plantain can vary in size and ripeness, the texture of your bread may be slightly different each time you make this recipe. If your dough seems too dry and the flour is not mixing into the blended plantains add in a couple tablespoons of water until the mixture is a thick batter. On the other hand, if the mixture is too thin, add in a couple tablespoons of cassava flour until the mixture thickens.

