



# Dieta Paleo para Principiantes - Reveladas as 30 Melhores Receitas de Pão (Portuguese Edition)

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Pão de Forma Paleo

## Ingredientes

- 3/4 de chávena de manteiga de amêndoas demolhadas, macia, (de compra também serve perfeitamente)
- 6 ovos de galinhas de campo (criação ao ar livre)
- 2 colh.(sopa) de mel
- 1/4 de chávena de óleo de coco, derretido
- 1/2 colh.(chá) de vinagre de sidra
- 1/4 de chávena de sementes de linhaça dourada, moídas
- 3 colh.(sopa) de farinha de coco
- 1 colh.(chá) de bicarbonato de sódio
- 1/2 colh.(chá) de sal marinho

## Modo de Preparação

1. Pré-aqueça o forno a 180 °C. Forre uma forma de 20 x 10 cm (aprox.) com papel vegetal, unte bem com óleo de coco.
2. Numa taça grande, misture a manteiga de amêndoa, os ovos, o mel, o óleo de coco e o vinagre de sidra usando uma varinha mágica.
3. Noutra taça, misture a linhaça, a farinha de coco, o bicarbonato e o sal. Incorpore estes ingredientes secos na mistura líquida, verta na forma forrada e untada e leve a cozer por 35-40 minutos.
4. Retire do forno, e deixe arrefecer na forma durante 10 minutos. Desenforme, puxando o papel vegetal e coloque numa grelha para arrefecer completamente.
5. Guarde num recipiente hermético, a temperatura ambiente até 3 a 4 dias no máximo, no frigorífico até 7 a 10 minutos, ou no congelador até cerca de 1 mês.

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