

Paleo Butternut Squash Focaccia Bread

Shopping List:

- 4 organic large eggs
- 2 tbsp flax meal
- 5 tbsp coconut flour
- 1/4 tsp baking soda
- 3/4 tsp salt
- 1/4 cup mashed butternut squash (cooked)
- 1 tsp olive oil
- thyme and rosemary OR oregano to sprinkle over the focaccia
- sea salt to taste

Paleo Butternut Squash Focaccia Bread:

Preheat the oven to 375* F. Fill a medium to large sauce pan halfway with water and your cubed butternut squash. Bring to a boil and allow the squash to cook until soft. Once the squash is soft, carefully drain the water using a colander and mash the squash. I used my [OXO immersion blender](#) for this.

Mix together 2 tbsp flax meal, 5 tbsp coconut flour, 1/4 tsp baking soda, 3/4 tsp salt in a medium sized mixing bowl. Add in 4 large eggs, 1/4 cup mashed butternut squash, and 1 tsp olive oil (or coconut oil). Using a [hand mixer](#), blend all of the ingredients together until well combined. Allow the batter to rest for about 5 minutes so the coconut flour absorbs some of the moisture.

Using either a non-stick baking sheet or a parchment paper lined baking pan, spoon the batter onto the surface and shape the focaccia loaf into the shape you desire so long as it is about 1/4 - 1/2 inches in thickness. You can imprint dimples into the bread using your fingers if you'd like for it to more closely resemble true focaccia bread. I sprinkle the top with sea salt and herbs such as thyme and rosemary or oregano.

Bake for 12-15 minutes until it is firm and golden brown on the edges. One removed from the oven, let it cool as it will continue to cook a little more before serving.