

Paleo Multi-Purpose Mini Loaves with Carrot & Thyme

Hands-on 10 minutes Overall 50-55 minutes

Nutritional values (per mini loaf): Total carbs: 17.3 g, Fiber: 8.5 g, **Net carbs: 8.8 g,**

Protein: 12.7 g, Fat: 33.7 g, Calories: 405 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 mini loaves)

- 4 carrots (390 g/ 13.8 oz)
- 60 g [flaxseeds](#), blitzed/ [flaxmeal](#) (2.1 oz)
- 50 g [pumpkin seeds](#) (1.8 oz)
- 40 g [sunflower seeds](#) (1.4 oz)
- 3 tablespoons olive oil (45 ml)
- 2 eggs
- 2 heaped tbsp of chopped fresh thyme
- good pinch [pink Himalayan salt](#)

To serve

- 1 tbsp [toasted sesame oil](#)
- sprigs of fresh thyme

Instructions

- Preheat the oven to 190 °C/ 375 °F (fan assisted). Grease each mini baking tray (8 x 4 x 4cm) with a little oil to prevent sticking.
- Peel and remove the tops from the carrots. Chop into chunks and blitz in a food processor until it resembles a rice consistency.
- Whisk the eggs with a fork. Mix the blitzed carrots, flaxseed meal, pumpkin seeds, sunflower seeds, olive oil, eggs, salt and fresh thyme together in a bowl.
- Spoon the mixture into the mini loaf pans and bake in the oven for about 40 - 45 minutes until you can insert and remove a skewer without any crumbs sticking. Allow to cool and remove from the tins. Top with a drizzle of toasted sesame oil and fresh thyme.

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My Story

Food is one of life's most powerful medicines. I truly believe that once you find the right way of eating for you, you can overcome chronic illness through the healing power of food.

I've always been a massive foodie but when I was diagnosed with

Ankylosing Spondylitis, a type of arthritis and autoimmune disease, I became so confused over what I could and couldn't eat. I just knew certain foods made my pain worse.

The problem is, Ankylosing Spondylitis can take many years to progress enough to show on an MRI so sufferers can live decades in chronic pain without a diagnosis and more importantly, a plan to heal. I was 26 when mine attacked. Over the next 6 years, I was pushed from specialist to specialist, pumped full of anti inflammatory drugs and super strong Anti TNF medications with horrendous side effect... but none of them really knew what was wrong. I went from little miss sporty to little miss miserable. Lying down to sleep was virtually impossible but when it reared its ugly head in my achilles and I couldn't walk for 18 months, life just felt cruel. The list of injuries and ailments went on – IBS, leaky gut, Interstitial Cystitis...

Christmas Day 2012, I remember it well. I'd hit rock bottom. I decided there and then it was time to take matters into my own hands.

I hold the onset of my condition to antibiotics, an 18 months course I took for an infection. Little did I know then about the damage such a long course can cause to gut health. The balance of good/ bad bacteria in my gut was anything but balanced. I lay awake every night in pain so I thought I might as well do something productive with my time! I knew when I was horrendously bloated, my pain was worse so I began to scour the internet for any correlation between gut health and autoimmune diseases and that's when I changed my diet, discovered Paleo and Keto and later my tailored low starch approach.

As I learnt about Ankylosing Spondylitis, I gained a wealth of insight about its link to a bacteria in the gut called Klebsiella, which feeds off starch. So by removing the starchier ingredients from my diet like grains (along with sugar and dairy) there's less for the bacteria to feed on.

Almost 3 years on, I'd surprised the doctors, I am off the medication and continue to heal my body every day. I'd never have thought I could have come this far by changing my diet.

Eating Keto and Paleo has allowed me to regain control from my illness, get respite from the pain and give me my life back.

I love healthy great food and whilst there are so many amazing foods you can enjoy on Keto and the Paleo diet, there were certain 'crust' filled comfort foods I missed – wholesome pies, crispy pizzas, squidgy bread, indulgent cakes. Food isn't just about taste, it's about texture right? I wanted to make healthy, Paleo alternatives hence the birth of [Modern Food Stories](#). In my blog you'll find lots of creative ways to enjoy these everyday favourites using a whole host of fresh meats and nature's most amazing vegetables, plus loads of delicious sides, nutritious salads and raw dips to go alongside.

I passionately believe that the root to good health is a happy, healthy gut and super strong gut lining, so even if you don't have an autoimmune condition, my recipes are a great addition to help nourish your body.

A huge thank you to Martina for asking me to guest post today and share my story. I hope it helps inspire you to eat healthily and have fun in the kitchen. If you'd like to see more of my recipes, please pop on over to my blog and say hello. I'd love to hear from you. Jo x

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